MENUS AND VENUES

Downtown Calgary at night. ISTOCK

Kreviazuk bridges classical training with popular music

CONTRIBUTED

Anyone who has seen Winnipeg singer/songwriter Chantal Kreviazuk in a pared-down concert — just the songstress and her piano — knows what an intimate, impressive event it is. Now imagine the same setting at MRU's new Bella Concert Hall in the Taylor Centre for the Performing Arts, a world-class, acoustically-advanced space perfectly suited to just this type of show.

There's no imagining necessary, as Kreviazuk headlines the Soundscape Series at Bella Concert Hall on Nov. 8, part of MRU's Music to Your Ears 2016-2017 season. Besides being a Canadian superstar in her own right, charting with hits like Feels like Home and Leaving on a Jet Plane, the Juno award-winner has written songs for fellow artists including Avril Lavigne, Josh Groban and Drake.

MRU's communications manager Jonathan Love said Kreviazuk is mesmerizing to see perform live, whether it's with a full orchestra or just she and the piano. "I've had the pleasure to see her in concert, and besides being conservatory-trained in classical piano, she is a charismatic storyteller. It's great to see someone take that training and expand it into the world of popular music," he said.

With an aim to showcase diverse sound landscapes in this series, upcoming performers in the Soundscape series include Calgary-born Conservatory grad Jan Lisiecki (who recently made his debut at Carnegie Hall), the interactive video game performance concert of Journey Live! And the eastern/classical sounds of Wu Man & Friends. The Soundscape series finishes with chamber music courtesy of the talents of Calgary's Land's End Ensemble.

"These are all wonderful performers. There truly is something for everyone in the series," said Love.

Music for all audiences

If 2016 is the Year of Music in Calgary, then the Music to Your Ears concert series at Bella Concert Hall in the Taylor Performance Arts Centre at MRU is a celebration of that, bringing several themed concert series — classical, popular music, family events — to all musical tastes and ages in a new, acoustically-advanced space.

Mark DeJong, artistic program coordinator for the Taylor Centre for the Performing Arts, said the Family Portrait Series of Music to Your Ears is fortunate to have the internationally-renowned puppet show The Secret Life of Suitcases (running Nov. 2 – 6 at 2 p.m. and 7 p.m. in the Leacock Theatre). The show has toured to sell-out audiences around the world at Fringe Festivals and more.

"The show creates an awareness of the adventure that life is — performed in the intimate Leacock Theatre," said DeJong. "That was our goal with Music to Your Ears; to have a concert season that showcases something for everyone — to create interesting, accessible works. It's what a community gathering place should be. If we're a cultural hub, then family programming is an important part of that."

Originally co-produced by the Unicorn Theatre, London 'The Secret Life of Suitcases' follows Larry — who likes a place for everything and everything in its place — as he takes a found suitcase and discovers the thrills of adventure and the joy of coming home again.

The Family Portrait Series concludes later this season with The Queen, The Bear and The Bumblebee.

See mtroyal.ca for ticket details.

Music To Your Ears runs at Mount Royal University Conservatory's Bella Concert Hall in the Taylor Centre for the Performing Arts, 4825 Mount Royal Gate SW.

Tickets – online: tickets.mru.ca; phone: 403-440-7770; e-mail: tickets@mtroyal.ca.

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The Metro movement

Numbers soaring

Turn to pg. 3

Premier Rachel Notley delivered her state-of-the-province address in Calgary Wednesday. THE CANADIAN PRESS

NO MORE MONEY

Cities must make hard choices on infrastructure projects

metroNEWS

Investments paying off for CTrain service

PUBLIC TRANSPORTATION

Transit technicians have been working to maintain network reliability

Helen Pike
Metro | Calgary

Trained technicians have been playing doctor to figure out the common ailments for some of Calgary Transit's newer CTrains to get them running like clockwork — more than 80 per cent of the time.

According to fleet manager Russell Davies, his grey and red CTrains have had special treatment thanks to a council-led initiative to improve their performance, and in 2016 the fruits of his team's labour are coming to a head.

"We'll see a failure online, look at it and see if we've seen it on our other trains," said Davies. "You try to see if there's trends involved, if there's any developments, or if it's an isolated one-off failure."

On average, Calgary's CTrains go more than 105,000 km between breakdowns, which, since 2012, has almost doubled from 63,000 km all thanks to their technical services group.

This fine-tuned approach has helped transit keep delays caused by their equipment to a minimum. The cause of major delays, which transit defines as 30 minutes or more, were caused externally 65 per cent of the time in 2015, which is up from 55 per cent in 2013. On average, transit sees four of those events a month.

"These changes improve the probability a passenger is going to get from point A to B when the schedule says they will," said Davies. "This just shows we have smart and professional people that know what they're doing."

Their fleet's reliability has been part of transit's customer commitment.

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Still growing in Calgary

MEDIA

Metro ranks No. 1 Monday to Friday in readership

Metro Calgary reaches more people throughout the week than any other daily newspaper in the city, according to new results from Vividata.

In Calgary, 466,000 citizens read Metro at least once per week (5-day CUME), while 431,000 read the Calgary Sun. The Calgary Herald sits third at 382,000 readers.

Metro Calgary also grew two per cent in the number of daily readers, while both the Sun and Herald declined.

"The plan for Metro is to continue to be a local voice," said Sandy MacLeod, chief operating officer for print for the Star Media Group.

"Local people, local faces, local events. To be real to the city that we're in."

Across the country, Metro has 1.68 million daily print readers. It is the No. 3 most-read print paper daily in Vancouver, Calgary and Edmonton; the No. 2 paper in Ottawa, Winnipeg and Toronto and is now the No. 1 paper in Halifax.

Cathrin Bradbury, Metro's vice-president and editor-in-chief, said Metro is well placed to be the voice of Canada's urban centres.

"Metro is in the right place at the right time: we're young, we're local, we're people-driven, we're optimistic," she said.

More Calgarians are choosing Metro Calgary as their go-to choice for news during the week. METRO FILE

"We're a paper that tackles issues that people in cities care about, and looks for solutions."

Metro Calgary managing editor Darren Krause said he's pleased but not surprised by the results.

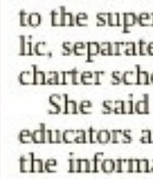
"We have a team of reporters dedicated to bringing Calgarians the news they want to read," he said. "We're focusing on stories that engage ordinary millennials, commuters, and working families in Calgary.

"Going forward, we're going to continue to focus on telling stories that aren't being told — and hopefully help build community and make our cities better places to live."

Metro thanks our readers for reading, sharing and commenting on our stories and helping us explore the issues that matter to you. Please help us to become even better by telling us what you think at calgary@metronews.ca. METRO

SCHOOLS

Boards get fentanyl fact sheets



Brodie Thomas
Metro | Calgary

The province is giving some hard facts about fentanyl to school boards in hopes of educating teens about the deadly drug.

The information was provided in a fact sheet for parents and teachers of junior and senior high school students, but teachers were encouraged to share the information with students.

Facts included the 2015 death toll in Alberta from fentanyl — 272 — and the fact that 153 have died from the drug so far this year.

The fact sheet also warns about the potency of the drug. Mere granules of the substance can kill.

Ministry of Education spokeswoman Jill Wheeler-Bryksn said the information was provided to the superintendents of public, separate, francophone and charter school boards.

She said it would be up to educators and parents to relay the information in an age-appropriate way.

"Teachers are encouraged to incorporate information from the fact sheet in the Career and Life Management (CALM) curriculum or any other health classes to ensure their lessons are based on the atmosphere of their classrooms and learning needs of students," said Wheeler-Bryksn in an email.

CBE officials did not respond to Metro's request for an interview.

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HUDSON'S BAY

The City of Calgary worked with community members, and the Erin Woods Community Association to come up with a traffic-calming solution. JENNIFER FRIESEN/FOR METRO

Traffic-calming pilot shows results

ERIN WOODS

Initiatives to improve safety paying off for the city

Helen Pike
Metro | Calgary

Narrowing streets makes people slow down — who would have thought?

A two-year traffic-calming pilot in the community of Erin Woods is in its infancy, but early numbers are showing an encouraging change in driver behaviour. According to the city, drivers are slowing down, obeying the speed limit and yielding to pedestrians.

Community mods included temporary curb extensions, bike lanes, median extensions, and relocation of playground zone signs.

According to project manager Jennifer Black, transportation planner with the liveable streets division of the city, drivers are travelling on average 3 km/h slower and 17 per cent more drivers are following speed limits.

"Those numbers are really significant," said Black. "When we see those kinds of changes in community it really makes a huge difference as far a collision reduction, and severity of collision reduction."

What's more, drivers have gone from yielding to pedestrians 43 per cent of the time to 90 per cent — Black said that's a big win for the city.

Erin Woods was identified for the pilot because a traffic study done after community complaints showed drivers were speeding. It also highlighted many problem safety areas.

Brandi Proctor, a mother and community resident said the measures are working — to a point. But more needs to be done about drivers ignoring the marked cycling lane, and community members have concerns about a three-way stop that gets icy during the winter months.

"When winter comes I think it will be a serious safety issue," Proctor said. "There are skid marks all over the barriers already."

According to Black, the barriers may be bolted to the pavement to dampen any concerns over movement come winter. But the city continues to monitor how the temporary, and cheaper, curbs will hold up.

With this pilot, Black said the city has been able to see results quickly by spending less money, which means if the pilot's successful, it could be replicated in other communities.

"We're going to wait and see," said Black. "We want to make sure we're happy with it before we try it in other communities."

> **When winter comes I think it will be a serious safety issue.**
> Brandi Proctor

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Alberta Justice Minister Kathleen Ganley will travel to Colorado from Thursday to Saturday, with hopes of learning how they've controlled legalization of the drug. METRO FILE

On the case of cannabis

MARIJUANA

Justice Minister to cross border to prepare for pot legalization

Mathew Silver
For Metro | Calgary

Alberta Justice Minister and Solicitor General Kathleen Ganley won't be trying any of the brownies when she heads down to Colorado for a crash course in cannabis.

Instead, she hopes Alberta can learn from how Colorado has proceeded since marijuana was legalized in 2012, as Canada prepares for bud to hit the legal market in spring of 2017.

The two biggest problems that Ganley hopes to address during her $4,000 trip south are keeping cannabis out of the hands of youngsters, and creating a system to detect those that drive under the influence.

"They are still working on the science of what constitutes impairment," she said. "They measure your ability to walk straight and a lack of coordination, but there is no set content level and a method for testing (like with alcohol impairment)."

> There is no set content level and a method for testing (like with alcohol impairment).
> Kathleen Ganley

While Ganley plans to learn a lot, she said provincial regulations will depend on the framework that the federal government sets out.

"They will determine how permissive or restrictive this is going to be. Ultimately we're going to fill in around their models," said Ganley.

But doesn't mean that Ganley hasn't discussed the issue with other provincial-territorial ministers. At a meeting in Halifax last week, the ministers agreed that they need the federal government to clearly outline when cannabis will officially be legalized. That way they can have the proper infrastructure in place.

"We need to hear a lot of communication. This federal government has been really good about listening and responding to our needs."

Despite marijuana being legal in the state for adults over the age of 21, Ganley doesn't expect to sample any of the product when she visits.

"I don't think we're at that stage. In fact, I'll probably be avoiding any brownies," she said with a laugh.

HEALTH CARE

Cuts 'make tough times even tougher'

Alberta's Health Minister Sarah Hoffman said cuts to the Canada Health Transfer, an annual cash transfer the federal government makes to each province and territory, would make tough times even tougher.

Hoffman returned from provincial-territorial meetings with Federal Health Minister Jane Philpott Wednesday, and said Alberta would be willing to accept some conditions around federal money allocated to each province.

This comes after Philpott called for more accountability when it comes to where provincial governments are spending their portion of the transfer.

"At the end of the day it's not going to happen if we just spin our wheels. We're willing to do what it takes to get that money into the Alberta health care system," Hoffman said. "The health budget is a significant part of our spending, and we need more resources allocated."

Philpott since retracted her statement, and said there was no intention of making accusations, but Hoffman is willing to give the federal government any proof they need that the CHT is earmarked for provincial health care.

"My personal response was that I'll give you any data to feel confident. We spend every dollar, and a significant portion beyond that," she said.

Further, Hoffman said that federal spending only accounts for 20 per cent of Alberta's total health care budget, meaning the province still has to account for the remaining 80 per cent.

More money would enable the provincial government to be more fulsome in their response to issues like mental health and an aging population, according to Hoffman, whether that comes from the CHT or smaller pieces that have some conditions attached. She said health care is a massive system, and it's too important to be underfunded.

MATHEW SILVER/FOR METRO

TrudeauMetre shows Canadians' priorities

POLITICS

Website tracks progress of PM Trudeau's promises

Lucie Edwardson
Metro | Calgary

TrudeauMetre shows that Justin hasn't yet started 95 of his 219 electoral promises, 65 are currently in progress, 34 have been achieved and 26 have been broken. SCREENSHOT

It's been one year since Justin Trudeau was elected as prime minister of Canada — and one year since a Calgary-based software developer took on the mission of tracking the PM's election promises.

Metro first reported on TrudeauMetre last year when Trudeau came into power. Now, a year later, web-developer Dominique Bernard said the process has opened his eyes to some of the issues Canadians really care about.

"It's become obvious there are some promises Canadians are more passionate about than others," he said. "And it's not necessarily the ones we might think."

Bernard said he found it interesting that although electoral reform might sound boring, it's one of the promises that gets the most attention.

"People are really into this one. When you look at the number of comments it's very insightful to see what people care about," he said.

Bernard said they'll be launching an annual report Nov. 4 allowing users to look in depth at the progression of Trudeau's election promises.

"The report itself will be something people will be able to navigate easily," he said. "They'll be able to look up by time when promises were achieved or broken, and other simple analytics."

As of Wednesday, according to TrudeauMetre, JT hasn't yet started 95 of his 219 electoral promises, 65 are currently in progress, 34 have been achieved and 26 have been broken.

Bernard said the most interesting thing since the launch of the website is the international recognition the site has gained. As Metro previously reported, he's shared the code with people in many countries who are using the sites to track their own leaders.

The software developer said soon he'll be making the website coding publicly available on the site so anyone can access it and create their own meters to track the accountability of politicians — whether they be municipal, regional or national.

"I think democracy is growing around the world and people like the idea of keeping an eye on their politicians this way," he said. "It's really great to see."

METRO ASKS

Has Justin Trudeau done a good job on following through with his election promises so far?

JENNIFER FRIESEN FOR METRO

I think he's been good so far, I haven't had any problems with him. There might be good reason for him to not have come through on all his promises. We don't know everything, and he still has a while to go, so there might be a plan for it all to come through later. It's only a year. So, so far so good.

Haley Lewis-Whets

We'll wait and see, I don't think he's really come through on his promises so far. He doesn't seem to have done very much at this point.

Mike Morris

I think he probably needs to do more solid things than just taking selfies — particularly in Alberta. We're in a critical situation right now and I don't think he has done a lot for Western Canada.
I think some of the promises, like making 50 per cent cabinet female, he met the promise, but it's a superficial thing.

Xiang Wang

I think he's doing OK, but he could be doing better for us in Alberta, trying to get some more work going for everybody, but it is what it is. ... But he seems like he's pulled through on his promises so far, like he's created all the new tax benefits and child tax, so that's kind of helping.

Scott McAleer

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AMVIC

‘Words are not really adequate’

MEMORIAL

Premier lauds Prentice for his role in public life

Alberta Premier Rachel Notley remembered Jim Prentice on Wednesday as gracious, statesmanlike and visionary as her office announced plans to honour him at a state memorial.

The public service for the former premier, who was killed in a plane crash last week in British Columbia, is to be held Oct. 28 at the Southern Alberta Jubilee Auditorium in Calgary.

Details of the service, including speakers and those expected to attend, are being worked out.

Prentice and three other men were killed when a twin-engine Cessna Citation crashed shortly after takeoff from the Kelowna airport on Thursday.

Notley began her annual state-of-the-province address by lauding Prentice’s contributions to public life.

Notley, whose father Grant Notley was Alberta’s NDP leader when he died in a plane crash in 1984, said she understands the pain the families of the victims are going through.

“Words are not really adequate to describe that kind of loss, but there are words to remember the many, many contributions that Jim Prentice made to Alberta and to Canada,” she said.

“Online, through social media and in print, people everywhere are sharing those words and heartfelt outpouring of grief and remembrance – words like

> **He provided me with valuable advice.**
> Premier Rachel Notley

generous, compassionate, caring, genuine,” she said.

“From personal experience, I can add the words gracious and statesmanlike as he provided me with valuable advice during the post-election transition.”

Prentice left politics after the Alberta Tories lost a more than four-decade lock on power to Notley’s NDP in May 2015.

She said Prentice was a friend to indigenous people and an advocate for balancing responsible resource development with protecting the environment.

Also killed in the crash were optometrist Ken Gellatly, the father-in-law of one of Prentice’s daughters, and former RCMP officer Jim Kruk, who was the pilot on the aircraft.

The family of Calgary businessman Sheldon Reid, another victim of the crash, said in a statement Wednesday that he enjoyed telling stories about his travels around the world and was most proud of his son Dylan. THE CANADIAN PRESS

A book of condolence for former Alberta premier Jim Prentice is on display at the MacDougal Centre. JEFF MCINTOSH/THE CANADIAN PRESS

Plane wreckage to be removed

Transportation Safety Board investigators are wrapping up their work at the scene of a fatal plane crash in British Columbia that killed former Alberta premier Jim Prentice and three other men.

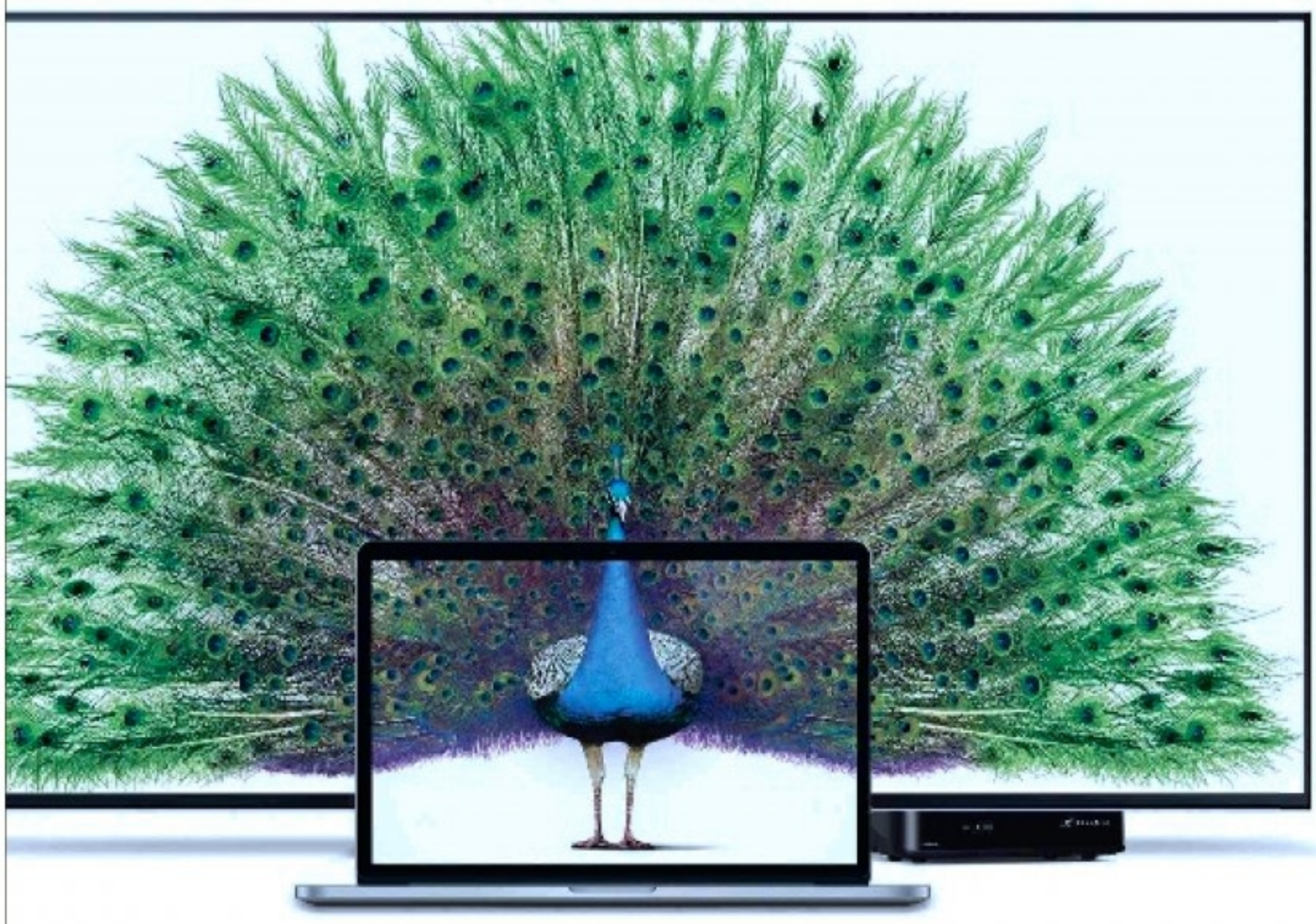
The board says investigators have collected all the required data from the crash site, about 10 kilometres northeast of the Kelowna airport in B.C.’s Okanagan region.

Wreckage of the four-seat Cessna Citation will now be removed from the wooded area by helicopter and taken to a warehouse for further analysis.

In a news release, the board says some of the work ahead includes reviewing RCMP drone footage of the crash scene, examining the plane’s instruments, sending selected wreckage to its lab in Ottawa, and evaluating plane maintenance and pilot records.

The Cessna crashed last Thursday.

THE CANADIAN PRESS



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Officers keen to use cams

POLICE

Body-worn cameras to roll out in 2017: Deputy Chief

Lucie Edwardson
Metro | Calgary

Calgary police frontline members are as anxious as citizens when it comes to getting body-worn cameras because it makes gathering evidence easier, according to Acting Deputy Chief James Hardy.

Metro reported last February on technological glitches putting a hitch in the CPS' plans to roll out a body-worn camera program amongst their ranks by year end. Audio interferences between units, something the CPS believed put officer safety at risk, resulted in the return of the cameras to the manufacturer.

Hardy said he's received calls and emails from frontline members wondering what the hold up is, and he said they're committed to rolling out a pilot project in the new year.

"I can tell you our officers are anxious to get these cameras. I'm getting phone calls and emails from them asking for timelines," he said. "It's going to take several months."

Hardy said although there's no specific time frame on the roll out, what they've learned from officers is that the cameras help them collect more accurate evidence.

"The evidentiary portion of those cameras is phenomenal," he said. "I wish I would have had them as a young police officer."

When wearing a body camera, Hardy said it allows an officer to narrate what is happening when they respond to a call, which makes it easier to write up case notes.

"They'll be able to present to the court a really good encapsulating piece of what's happened there — great evidence," he said.

Hardy said since their first procurement process a lot of new technology has hit the market — which makes him optimistic CPS officers will have the best technology available at the end of this process.

"There are way more vendors, we know there are different types of cameras, they capture differently, they activate differently and even how we can move it into our integrated systems — we're looking to see what's out there," he said.

From left, Const. Ottis Scott-Sabula, Const. Trevor Marquis and Staff Sgt. Todd Robertson are all wearing body cameras that have software glitches. LUCIE EDWARDSON/METRO

Digital upgrade coming

The Calgary Police Service (CPS) has put out a new request for information (RFI) stating they're considering updating their body-worn cameras (BWC) and in-car digital-video (ICDV).

The RFI will remain open until Nov. 14 and indicates that CPS is particularly interested in a solution that integrates all digital assets with special attention given to integrating BWCs and ICDVs into one system with a shared front-end user interface and back-end video management system.

"Ideally, the solution would include multiple camera deployments on a network, and product options for a law enforcement environment," said the RFI.

The CPS said they'd want the new purchase to include secure digital storage, encryption, automated retention dates and have the ability to be customized to multiple user groups with varied levels of access and the ability to generate statistical reports, with easily retrievable data.

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Tuition fee freeze to remain in effect

EDUCATION

Effort gives time to review current model

Helen Pike
Metro | Calgary

Students can breathe easy for another year, as the Alberta government extended their tuition freeze until fall 2018 — but some institutions may be concerned.

The NDP government first announced its tuition freeze in June 2015, and it was set to expire after the 2016-17 academic year. In each tuition freeze so far, the schools were given cash as backfill in order to maintain funding levels, but the budget for the government's latest freeze hasn't been established.

According to the Minister of Advanced Education, Marlin Schmidt, this freeze will give the government more time to complete a review of Alberta's fee and tuition model, which would include directives on how to "increase post-secondary costs fairly."

"We want to make sure we have enough time to consult adequately on sustainable tuition and fee models," said Schmidt. "This will give us the breathing room to provide stability to the costs of education for students while we conduct complete consultations."

But Schmidt noted they haven't made a decision about whether or not they will be providing cash to institutions for backfill.

David Docherty, president of Mount Royal University voiced concern in a statement he released Wednesday.

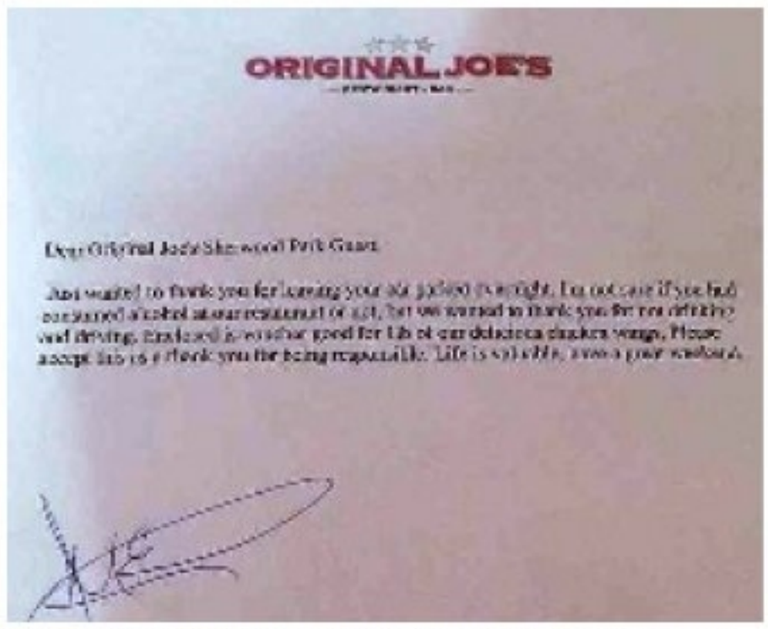
"We understand the decision of the government in terms of extending the tuition freeze in this economic climate," said Docherty. "It's important to recognize that our costs for providing quality programs and services to students continue to rise."

He added an extension of backfill would also help institutions like MRU continue to provide quality programming to students.

The tuition freeze marks a kicking off point for one of the government's reviews into Alberta's post-secondary system.

Minister Marlin Schmidt said he's launching consultation with key stakeholders to look at discussions around tuition, school funding, mandatory non-instructional fees, international tuition and will take a look at student aid.

The tuition review will be wrapped up by fall 2017, and schools are chomping at the bit to participate in talks.



Jay McLean left this note on a customer's car. ALEX BOYD/METRO

GOING VIRAL

Wing reward for not driving intoxicated

Alex Boyd
Metro | Edmonton

A customer who recently left their car overnight at the Original Joe's in Sherwood Park got a surprise when they came back for it: a friendly note from the manager and an offer of free wings.

"Just wanted to thank you for leaving your car parked overnight. I'm not sure if you've consumed alcohol at our restaurant or not, but we wanted to thank you for not drinking and driving," reads the note, signed by manager Jay McLean.

"Life is valuable; have a great weekend."

McLean started working at the Sherwood Park location about a year and a half ago and has been handing out letters almost right from the start.

The restaurant shares a parking lot with other businesses, so he doesn't leave a note on every car but does when he's pretty sure it's been there all night.

He figures he's handed out about 15 since he started.

"We work in kind of a rural setting where transit is not as readily available, so a lot of people drive here," he said, adding that he probably wouldn't do it in a place like downtown Edmonton where walking or bussing is easier.

He heard about a restaurant in Ontario doing something similar, so the long-time restaurant employee figured it'd be another way to help his customers out.

"Knock on wood, (drunk driving) isn't something that's affected my life, it's just something that's preventable," he said. "It was really that simple."

> **Life is valuable; have a great weekend.**
> Jay McLean, Original Joe's

After someone posted a picture of the note online, the story went viral Wednesday, leaving McLean worried that people would get the wrong idea.

"There really was no ulterior motive," he said.

"I'm just a guy running a restaurant. I have a lot of regular clientele and we see their faces all the time. I want to continue seeing them."

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Sweet music born in Scandinavia

CULTURE

Philharmonic's new conductor is a maestro from Norway

Aaron Chatha
Metro | Calgary

If seven-year-old Rune Bergmann had preferred candy to music, Calgary might have a lesser maestro conducting from behind the podium this season.

As the newly-appointed music director at the Calgary Philharmonic prepares for his first show this weekend, the Norwegian conductor's thoughts turned to his childhood. Every Saturday his parents would give him money to indulge his sweet-tooth, but the young Bergmann chose to save that money and purchase recordings.

"The first recording I heard was actually the Beethoven symphonies, which I bought. It made such a huge impression on me. There was something that dragged me into that style of music," he chuckled.

One New Year's day, his father woke him early in the morning to listen to a concert from Vienna.

He heard the Fledermaus overture being played. In some versions of the Batman story, Die Fledermaus was the play Bruce Wayne watched the night his parents were murdered. Just as it had a hand in changing Wayne's life, Bergmann only listened to it for 10 seconds before deciding that conducting was what he wanted to do with his life.

Is Bergmann the Batman of maestros? Audiences can judge for themselves when he brings his exuberant personality to the stage for the Philharmonic's Greatest Classical Hits show on Oct. 22.

"Especially with a piece like the Beethoven seven, it kind of has everything. Every movement is almost a symphony by itself," said Bergmann.

"I don't think the audience will be able to sit still during the performance, if we do it will — I think people will be very excited."

Rune Bergmann is considered among today's most talented, young Scandinavian conductors. COURTESY CALGARY PHILHARMONIC

Music lovers will remember Bergmann from his two previous visits as a guest conductor for the Calgary Philharmonic, which led to him getting the music director position.

A lover of classical music, he said he's also just as excited for to bring more contemporary tunes to the stage. Not only does the include symphonies, but also hits from Disney or Abba.

His goal is to make the Calgary Philharmonic a tourist destination — to be celebrated and sought out by music lovers from around the world.

For more information on the Philharmonic shows, visit www.calgaryphil.com.

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In 2014, the first ever province-wide point-in-time count of the homeless found 6,663 individuals were without a place to stay. Another count was conducted again Wednesday night and preliminary results are expected in November. JENNIFER FRIESEN/METRO

Volunteers conduct homeless count

OUTREACH

People also asked some questions and offered help

Brodie Thomas
Metro | Calgary

On Wednesday night in Calgary, about 100 volunteers were combing the streets of the city looking for the homeless, and offering them help.

It was part of a larger province-wide point-in-time count of the homeless carried out in the seven largest cities.

Among the volunteers in Calgary was Diana Krecsy, president and CEO of the Calgary Homeless Foundation.

She said going into the count she was expecting to see lower numbers than the last count in 2014 — in part because of the economic downturn in the province.

"Those that could — left the province," said Krecsy. "We also may be surprised to find out who is falling into homelessness now."

The volunteers have a card with standard questions. They ask about things like age and gender preference, as well as background questions about their current situation and what led to them becoming homeless.

"It's pretty detailed and we're being very respectful of the people we're talking to, because this is a snapshot in time. It's not a big overall picture of homelessness," said Krecsy.

> **We want to make sure they know the city cares and we're not just out there counting heads.**
> Diana Krecsy

She said the count is important for gathering data, but it's so much more than gathering statistics.

"We're not just counting heads and moving on. We're interacting with real people and we want to acknowledge them as people, and we want to make sure they know the city cares and we're not just out there counting heads," said Krecsy.

Some of the counting was done a bit before the evening start time.

Adam Melnyk, outreach manager for Alpha House said he was at some encampments during the day because its easier to visit those places before dark.

"Our focus has been people sleeping outside, so we're always trying to engage with people, figure out where they're staying, and provide them resources so that hopefully at the next count we don't have to count them again," he said.

COUNCIL

City to discuss commissioner, whistleblower policy

It's part of the city's plan to support transparent government, but the city's audit committee will be discussing its whistleblower policy behind closed doors Thursday.

However Audit Committee chair Coun. Richard Pootmans said it's standard practice to go in camera when council or a committee is receiving legal advice.

He said the discussion Thursday will hinge on the recent creation of two new positions at the city.

"It has mainly to do with the addition of the integrity commissioner, and it's to accommodate the integrity commissioner and the ethics adviser's roles," said Pootmans.

Those positions, which were filled in April, are part-time roles that help provide ethics advice to the mayor and councillors, or perform investigations into ethical matters when complaints are launched.

Audit Committee vice chair Coun. Evan Woolley said the whistleblower program annual report always comes to committee in camera.

He said while the whistleblower policy is about increased transparency at the city, there's an important privacy aspect regarding the people coming forward to lodge complaints.

"We also need to protect the confidentiality of people who are coming into the process," said Woolley, who noted the report won't be made available until the committee meets.

BRODIE THOMAS/METRO

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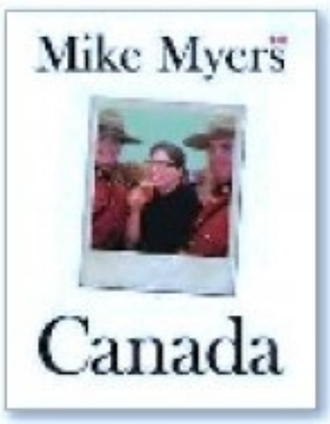

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Budget at limit: Premier

STATE OF THE PROVINCE

Leaders may have to rob old projects to pay for new ones

Premier Rachel Notley says Alberta's municipal leaders will have to choose their major projects carefully as little new provincial money is available to fund them.

In her state-of-the-province speech in Calgary on Wednesday, Notley stressed that while the government won't inflict deep cuts to get out of the current recession, public-sector budgets are at their limit.

"We are very unlikely to have a lot of headroom for major new spending proposals until recovery occurs," she said.

"People providing public services or other services funded by the provincial government need to find innovative ways to do more with the funding that they have now."

Municipal leaders may have to make choices, she said. "The exciting new proposals that they have will probably need to be paid for by reallocations.

"Starting a new project might mean moving money from an old (one)."

A protracted slide in the price of oil has cut billions of dollars from Alberta's bottom line. The province is projected to run a $10.9-billion deficit this fiscal year, some of that just to pay for daily operating and program expenses.

Notley's speech took a swipe at former Progressive Conservative governments, although not by name.

She said former governments should have done more to diversify the economy. And, she said, by refusing to bring in a credible climate-change program, the Tories gave ammunition to opponents of Alberta's attempts to get a pipeline to tidewater to take advantage of the global market.

Premier Rachel Notley painted a bleak picture of the current state of Alberta's economy at her annual state of the province address in Calgary on Wednesday. THE CANADIAN PRESS

> **We are very unlikely to have a lot of headroom for major new spending until recovery occurs.**
> Premier Rachel Notley

She criticized the Tories' flat tax on personal income, since replaced by the NDP with a graduated tax which increases taxes for those in higher brackets.

"Socialism for the rich and austerity for everyone else is a completely discredited approach," Notley said.

Wildrose energy critic Leela Aheer said promises and plans are of little comfort to thousands of Albertans losing their jobs due to low oil prices.

"There are families that are suffering right now — right now — that can't put food on their tables," Aheer told reporters.

"Let's actually do something for these families."

THE CANADIAN PRESS

SUPPORT

Notley not rattled by new poll

Josie Lukey
For Metro | Calgary

Premier Rachel Notley said she has decided to overlook a poll showing support for her party deteriorating.

Instead, the premier said, she will focus on the next two and a half years. However, she admits that in tough economic times it's hard to be popular.

"My job isn't about building my popularity or chasing polls; my job is about making decisions that I believe are the best for Albertans," said Notley.

The poll, by the Citizen Society Research Lab of Lethbridge College, shows support for the NDP sits at 19.7 per cent. The PCs sit in the top spot at 38.4 per cent, and the Wildrose come in second at 25.7 per cent.

The poll also shows that 66 per cent of Albertans support the Unite the Right movement aligning the PC and Wildrose parties, while only 34 per cent oppose the move.

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POLICE

Officer facing off-duty firearms charges

Brodie Thomas
Metro | Calgary

Another Calgary police officer is facing charges — this time following an investigation into alleged off-duty firearms offences.

Superintendent James Hardy said the firearms charges came about as a result of a domestic investigation, although no charges of a domestic nature were laid against the officer.

CPS received information in August 2016 about the alleged sale of a shotgun to a person who didn't have the required licence. Allegations were also made indicating the newly-acquired shotgun wasn't being stored properly in the purchaser's home.

The charges are unauthorized possession of a firearm and contravention of storage regulations.

"[The charges] can carry up to two years in prison," said Hardy. "It's a hybrid offence. The Crown has the option of going either by way of indictment or summarily."

Hardy said police normally wouldn't announce charges such as these for the average person, but because they were brought against a member of the force, they felt compelled to come forward at the earliest opportunity.

He said they're releasing details to ensure transparency to the public.

Hardy also said they debated for a long time internally about naming the officer, but decided against it because it was related to a domestic investigation and could impact the family.

The 26-year-old officer — who has been on the force for two years — is on administrative leave for seven days. Hardy said his leave will be up for review after that time.

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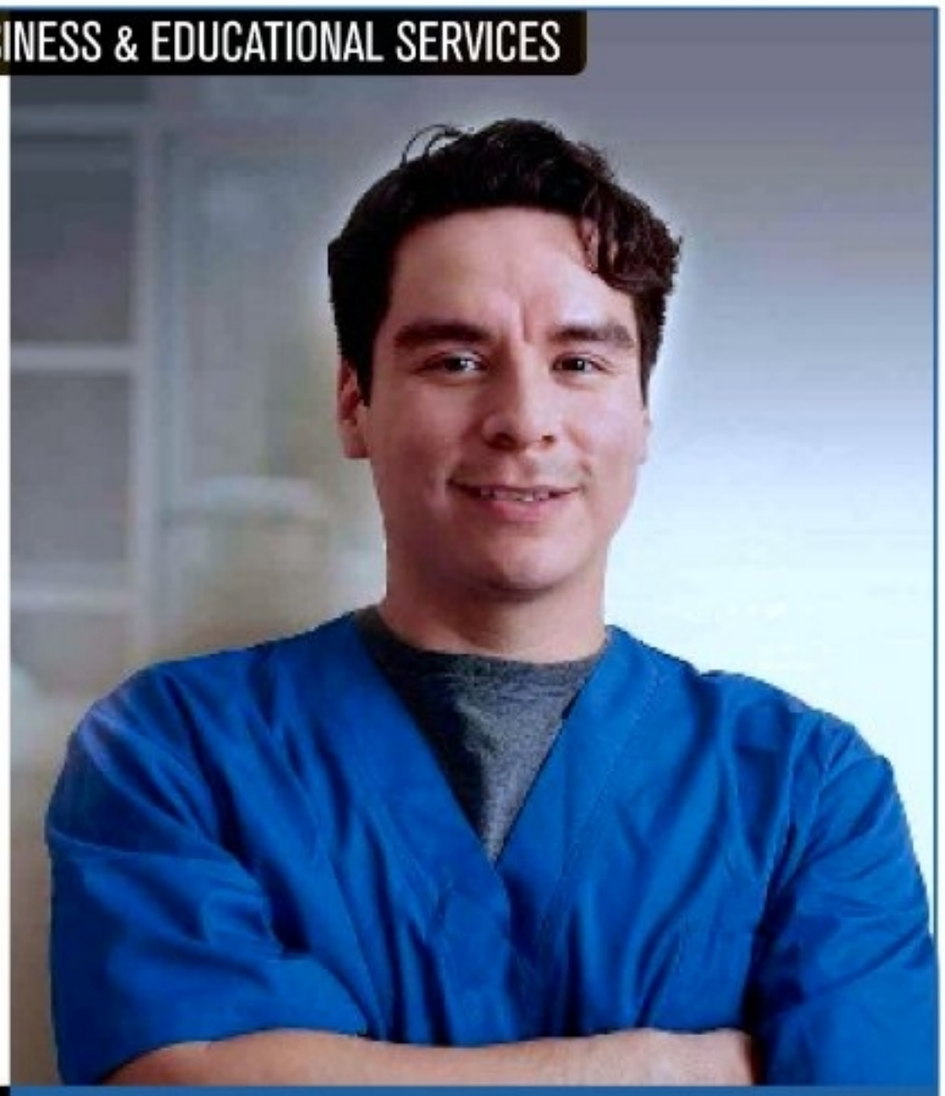

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Jenna Neepin's films, made with the help of a Winnipeg collective, have been showcased across Canada. FACEBOOK

Reclaiming storytelling

CULTURE

Group wants indigenous people to have 'bigger voice'

Josie Lukey
For Metro | Calgary

Danielle Black knows what it's like to be silenced.

As a young Niitsitapi Blackfoot woman, Black decided to create Treaty 7 Filmmaker's Collective as a way to break down barriers silencing indigenous people — like her.

"Indigenous people are a part of a culture that's deeply rooted in storytelling. With that, we are also apart of a history where our stories are told from a perspective that's not our own," said Black.

Meeting once a month in the city, the collective is an expansion of a group in Winnipeg called the Indigenous Filmmakers Association.

According to Black, the collective will provide a "safe place" for indigenous artists, filmmakers and storytellers to discuss and even produce short films and documentaries in the city.

"We have a high population of indigenous people in Calgary, and if I can help give a bigger voice to those people, I will do anything I can to do so," said Black.

Jenna Neepin of the Indigenous Filmmakers Association said she's excited to see other groups pop up around the country. She said she wants to work at uniting the groups spawning across Canada to bring indigenous culture past the 'emerging' stage to a 'mid-level' stage.

"I'd say our main goal is to get our stories told, told by native people. It doesn't matter exactly what the story is but we want to tell our own stories," said Neepin.

Nonetheless the Calgary collective welcomes individuals of all backgrounds and experience levels to join in on the meetings.

The first meeting is Oct. 27 at EMMEDIA Gallery and Production Society at 6 p.m.

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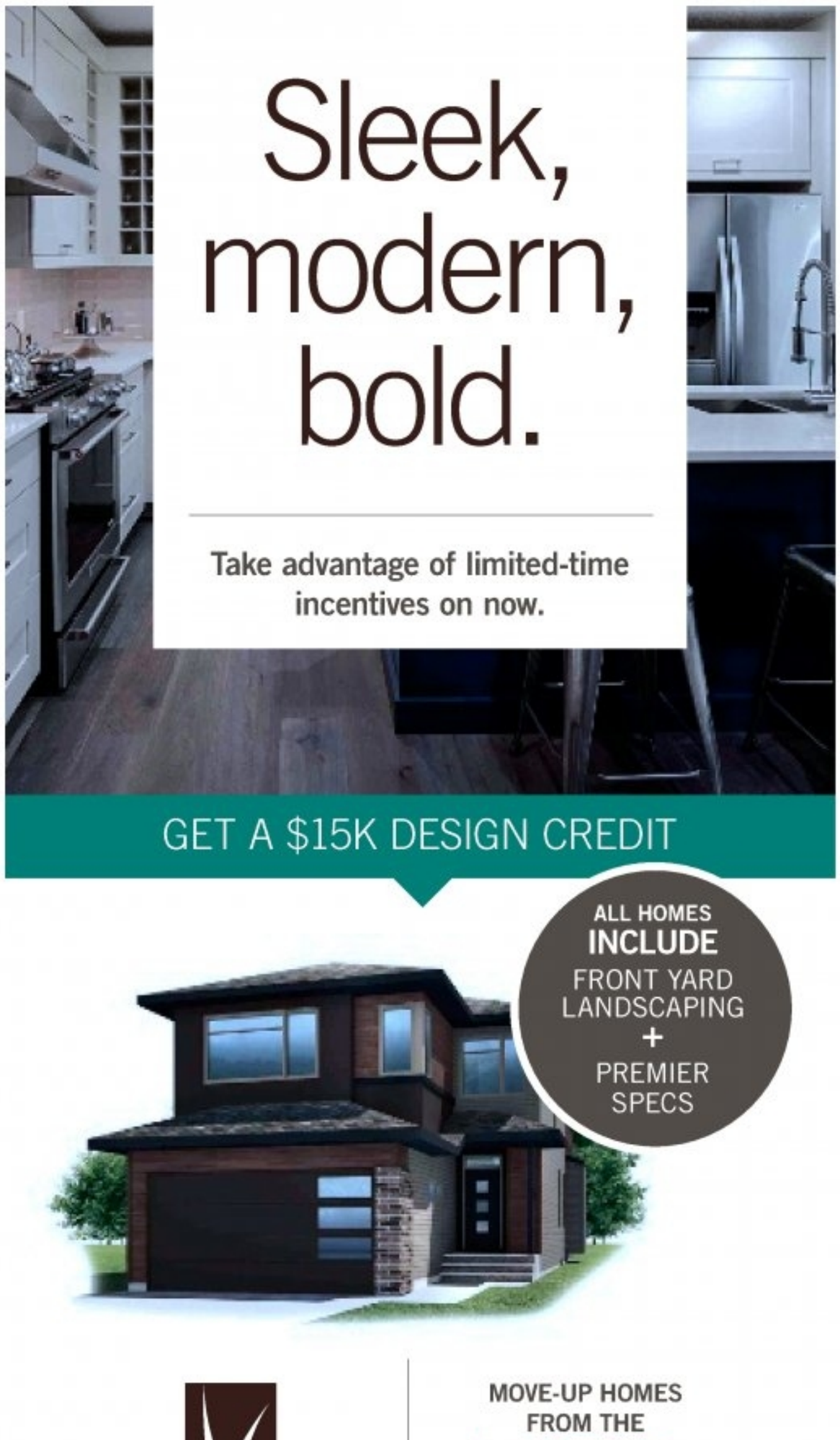

Kelcie Miller-Anderson has created a fungi-based system to help restore polluted environment sites. JENNIFER FRIESEN/FOR METRO

Her fungi struck the perfect pitch

BUSINESS

MycoRemedy joined a cast of winners on Pitch Night

Aaron Chatha
Metro | Calgary

The Jays may have lost, but the pitchers at the annual Startup Calgary Pitch Night came out on top after sharing their emergent ideas to a sold out house.

Each year, Pitch Night lets business-minded community members vote for their 10 favourite startup ideas, which will then be highlighted to a larger audience of professionals at Startup Calgary's annual Launch Party in November.

The winner's circle this year is a diverse bunch that includes MycoRemedy, the brainchild of founder Kelcie Miller-Anderson.

Her goal is to use fungi-related techniques to restore polluted environment sites. MycoRemedy's solution involves a micro mat that's rolled onto contaminated soil (kind of like sod) and let's fungi grow directly into it. In her lab-based trials, Miller-Anderson said it only took 21 days for the land to become useful again.

"The advantage of having a natural technology is, a lot of the current methods to do the remediation tend to be very costly and slow, and are really energy intensive," she said. "So they rely on a lot of chemical or mechanical means to remediate. We've come up with a solution that's completely natural."

She's been working on the project for seven years — and research will become more intensive than ever this coming winter.

One of the other winners, ZayZoon, gives users access to their worked hours before their next paycheque. They partner with payroll providers, and let employees get cash before their next paycheque is actually issued.

Founder Tate Hackert compares it to a payday loan — but better.

"Payday loan is a terrible word that's out there right now, but if a payday loan was perfect, it would be ZayZoon," he said. "Because our fees are very minimal. We're about 80 per cent less than average across the country than a payday loan."

The goal is to help people get access to money that they've already worked for, when they need it, without driving them into debt.

"Last night we watched 16 startups pitch and witnessed passionate founders, a commitment to entrepreneurship, and a dedication to driving economic diversity in our city," said Kari Gordon, executive director of Startup Calgary.

"The founders connected with the audience and secured their vote to continue on to Launch Party."

Startups were ready to liftoff

Taking place Nov. 17, the annual Startup Calgary Launch Party is a yearly introduction to the most viable, disruptive and innovative startups in Calgary.

The 10 companies chosen — through Pitch Night — demonstrated not just a great idea, but an ability to fit in the market, attract users or generate revenue.

Of the more than 700 community members expected to attend, the list includes investors, government officials and existing businesses and supporters.

Successful Calgary startups like FREDsense and TLink have emerged from previous Launch Party events.

For more information, visit www.startupcalgary.ca.

AARON CHATHA/METRO

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5 Things to know about Trudeau a year after win

Canadians have learned a lot about Justin Trudeau in the year since he was elected prime minister. Here are five things you didn't know before:

THE CANADIAN PRESS

1 He's a different leader than his father

The opposition likes to razz Trudeau about taking too many selfies and not focusing on the issues of the day. No one believes Trudeau isn't authentic when he poses for pictures or shakes hands with crowds. Trudeau is more social than many anticipated, Wiseman says, including letting people connect with him through his family.

2 He plays his cards close to his chest

Before and during the election campaign, Trudeau would let you know where he stood on issues. Marijuana? Legalize it. Deficits? Down with it. But since coming to office, he has kept particular views to himself. On the specifics of building pipelines and electoral reform, Trudeau doesn't say what projects or voting system he backs. When asked about pipelines, Trudeau talks about the economy and environment going hand in hand. "He's a waffler in the grand Liberal tradition," says Nelson Wiseman, director of the Canadian Studies Program at the University of Toronto. Trudeau likely has about two years at the most to push one or two major issues before he heads into re-election mode. He has spent the past year watching his polling numbers stay high and building political capital. What will he spend it on?

3 He's still campaigning

Penny Collenette, a former official in the Prime Minister's Office during Jean Chrétien's tenure, says it's almost as if Trudeau is still in campaign mode a year later. "Perhaps his true governing style will not become apparent until budget decisions have to be made." Max Cameron, director of Centre for the Study of Democratic Institutions at UBC, also says Canadians are likely to learn more about Trudeau's positions on issues during his second year in office.

4 He's no micromanager

Andrew Potter, director of the McGill Institute for the Study of Canada and the former editor-in-chief of the Ottawa Citizen newspaper, says some in politics like to wallow in the fine details, while others govern from 30,000 feet. "Trudeau seems oddly disengaged to me," says Potter. Some decisions have caught people pleasantly by surprise, such as having gender parity in cabinet. But that's not what has people confused. Trudeau seems keen on being a global political leader and basking in the international spotlight.

5 He can play hardball

At its core, governing is about making tough choices and trade-offs, says Cameron. Trudeau has shown an ability to wear a black hat when the situation demands it, such as his plan for a price on carbon, or taking a hard line on health-care funding. In both cases, Trudeau took a position sure to be unpopular with the premiers, despite having vowed to work with them, Cameron says. Indeed, he's adopted more conservative policies on health- care funding and greenhouse gas emission targets, says Potter — showing that Trudeau understands sunny ways might be a great strategy to get elected, but a terrible strategy to govern.

IN BRIEF

Immigration spike on the table: McCallum

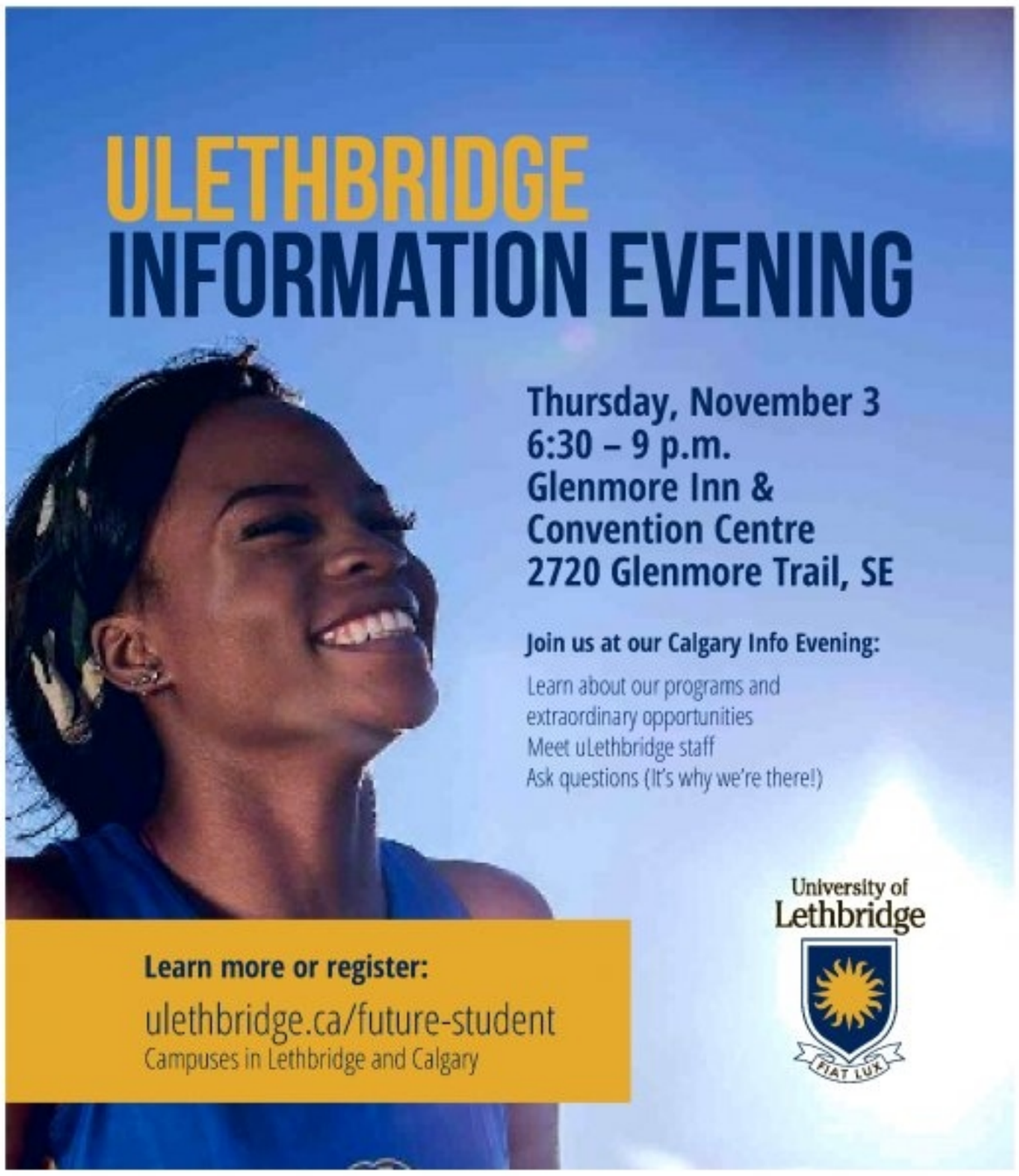
A high-powered group of external advisers is calling for a dramatic increase in Canada's immigration levels, but Immigration Minister John McCallum says that might be too ambitious.

McCallum said Wednesday he's read the report by the Advisory Council on Economic Growth that calls for a 50-per-cent increase in targets to 450,000 people a year. The measure would target skilled, entrepreneurial newcomers in an attempt to stimulate economic growth.

THE CANADIAN PRESS

Electoral reform needs 'substantial' support

Prime minister Justin Trudeau, in an interview with Le Devoir newspaper, said major electoral reforms would require "substantial" support. But he simultaneously argued that the public clamour for change seems to have diminished since the Liberals defeated Stephen Harper's Conservatives one year ago. THE CANADIAN PRESS



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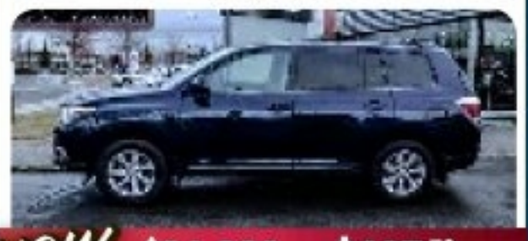

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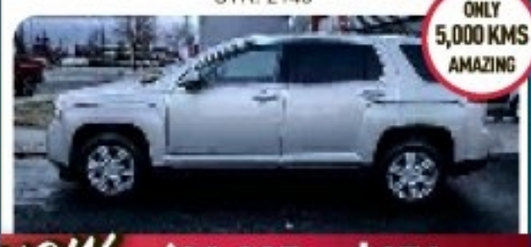

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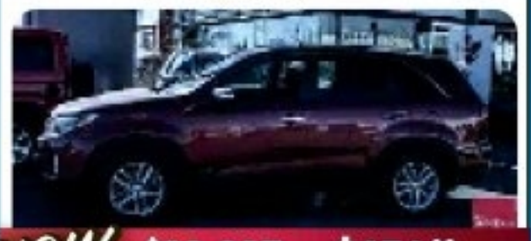

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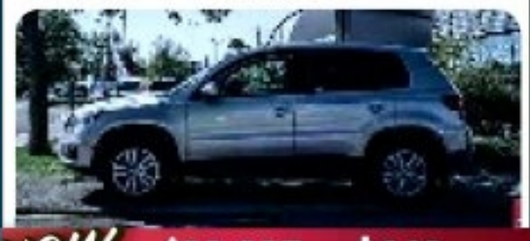

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SPACE TESTING IMPACT ON ASTRONAUTS' BRAINS The Canadian Space Agency and the University of Calgary announced Wednesday they are collaborating on a new experiment to study how long-duration missions impact astronauts' brains. Known as wayfinding, the study will examine how reduced gravitational forces affect the astronauts' ability to find their way around. "We're the perfect guinea pigs for medical research," said Canadian astronaut David Saint-Jacques — pictured in Calgary on Wednesday — who will head to the International Space Station for a six month mission in late 2018. JEFF MCINTOSH/THE CANADIAN PRESS

Diamond thieves hit coast to coast

CRIME

Middle-aged couple switch real jewelry with fakes

A pair of bold diamond thieves has hit jewelry stores across Canada, switching fakes for the real thing in the blink of an eye.

"They started in July in Vancouver and worked their way right across Canada," said Wayne Smith, the Saint John, N.B., jeweller who went public about his own robbery this month and has since heard directly from stores and police officers from coast to coast about similar heists.

"Right across Canada. Big time. This is huge."

The thieves present themselves as a middle-aged couple arguing over how many carats to buy, and then switch real diamonds with fakes while salespeople are distracted.

The most recent reported robbery was in Charlottetown, where police said Monday that the couple "managed to swap useless stones for two diamonds valued at approximately $20,000" at a store in the P.E.I. capital.

"They have made their way through the Maritimes," Charlottetown Deputy Chief Gary McGuigan said Tuesday. "Through our intelligence ... we're confident that they've been to Halifax, they've been in Fredericton, they've been in Saint John and then here in Charlottetown."

> **They started in July in Vancouver and worked their way right across Canada.**
> Wayne Smith

Smith said such thefts are not uncommon at jewelry stores, but they're usually kept quiet. He said he decided to speak out because his insurance deductible is so high it won't cover the loss, and because the video is so clear the culprits can be easily identified.

When he went public with the Oct. 7 theft at his store, W. Smith and Co. Fine Jewellers, it seemed to shine a 1,000-watt floodlight on the couple's shadowy misdeeds.

Smith said he now directly knows of a half-dozen thefts from Vancouver to the Maritimes, and thinks there are likely dozens more. He says the duo could easily have made off with more than $1 million in diamonds.

John Lamont, director of loss prevention for Jewellers Vigilance Canada, said Tuesday he encourages stores to report such thefts, to prevent other stores from being victimized.

THE CANADIAN PRESS

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Iraqi Army Cpl. Saif stands outside a building in Irbil, Iraq. He claims Daesh released a video that shows his brother's execution. THE ASSOCIATED PRESS

Iraqis seek redemption

MOSUL

Battle against Daesh deeply personal for some soldiers

For Saif, an Iraqi army corporal, the battle for Mosul is intensely personal. Over the course of two years of Daesh rule, the extremists destroyed his home, arrested his father, killed his brother and forced his fiancee into a marriage with a Daesh fighter.

Now he's looking for revenge.

"I used to be a normal person. My dream was just to save enough money to build a house so I could get married," the 30-year-old soldier said, nervously fiddling with his cigarette.

All together seven members of his family were killed by the extremists, he said, giving only his first name because he didn't have permission from commanding officers to talk to the media. He only found out about their deaths from a video the militant group released of their killings.

"I know the man who killed my father and the man who killed my brother," Saif said. "And I know the woman who informed on them. She was our neighbour."

Younis Atiya, a Sunni tribal militia fighter, also frames the operation to retake Mosul as a chance at personal vengeance.

> **I want to liberate Mosul to save people.**
> Younis Atiya

Atiya's village on the edge of Nineveh province was retaken from Daesh earlier this year. Standing outside the building that was once his home he pointed to the spot outside the garden gate where he watched Daesh fighters abduct his father.

"They drove up to the house in a pickup truck. We saw them and tried to run away but it was too late," he said. After holding his father for three days, Daesh killed him and dumped his body.

"I want to liberate Mosul to save people from the fate that my family suffered," the 30-year-old fighter said.

When Mosul fell in the summer of 2014, Saif was among the troops deployed to defend it.

The moment marked a humiliating defeat for the country's military, with catastrophic consequences. Daesh militants went on to overrun the city of Tikrit just north of Baghdad and began to advance on the Iraqi capital, plunging the country into the deepest security and political crisis since the U.S.-led invasion in 2003.

On Monday, Iraqi Prime Minister Haider Al-Abadi announced the start of the massive operation to retake Mosul, an offensive involving 30,000 troops — a force that includes not only Iraq's conventional army but other groups, including Shiite militias, Iraqi Kurdish fighters and Sunni tribal fighters like Atiya.

THE ASSOCIATED PRESS

AL-HUD, IRAQ

Town declared liberated from militants

The mutilated bodies of Daesh group fighters were still strewn on the ground of this northern Iraqi town on Wednesday. One was burned. Another's face was flattened by abuse.

Iraqi troops on the march toward Mosul moved into al-Hud a day earlier and declared it liberated. But they found residents had already risen up and killed many of the militants in the town themselves.

With the offensive to recapture Mosul in its third day, Iraqi forces advancing from the south and east are fighting to retake the towns and villages that dot the plains and line the Tigris River leading to the city. At times, they've met fierce resistance, with the militants sending explosives-packed vehicles careening toward the troops' positions.

This area has been under control of the militants ever since the summer of 2014, when Daesh fighters captured Mosul and much of the north in a lightning advance.

In al-Hud, a Sunni Arab town on the Tigris, residents saw their chance to get rid of militants. On Monday, a man paraded through town with an Iraqi flag in a show of defiance, residents told The Associated Press. Daesh fighters shot and killed him.

A group of residents gathered in a shop, news spread among the hundreds of people living in the town, and soon a crowd turned on the militants.

One resident, Ahmed Mohammed, said he and others shot a militant who was hiding by an outhouse behind a shop. "That didn't work. Then one of our guys came and threw a grenade on him from the top," he said.

It was not clear how many militants had been in the village or how many were killed. The Associated Press saw at least five bodies.

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The debate opened with a measured discussion, but Donald Trump soon reverted to his style of bursting in to interrupt Hillary Clinton. LEFT: DAVID GOLDMAN/THE ASSOCIATED PRESS; RIGHT: DREW ANGERER/GETTY IMAGES

A nightmare to one another

LAST PRESIDENTIAL DEBATE

Nominees warn of disaster on immigration, abortion, nukes

Hillary Clinton and Donald Trump kicked off their third and final debate without shaking hands, continuing a break from decorum that began at their last showdown in St. Louis.

The two stepped onto the stage in Las Vegas from opposite sides, each briefly waving to the audience before immediately moving behind their podiums.

Clinton and Trump outlined starkly different visions for the Supreme Court under their potential presidencies Wednesday night, with the Republican declaring the landmark Roe v. Wade ruling legalizing abortion would be overturned by his judicial nominees.

He likened partial-birth abortions to allowing women to "rip the baby out of the womb" even on the last day of pregnancy.

Clinton vowed to appoint justices who would uphold the ruling legalizing abortion, saying, "We have come too far to have that turned back now."

> **People are going to pour into our country.**
> Donald Trump on illegal immigration

> **We have come too far to have that turned back now.**
> Hillary Clinton on abortion laws

The debate opened with a measured, policy-focused discussion — a stark contrast to the heated and highly personal clashes that defined earlier contests. However, within 30 minutes, Trump reverted to his previous style of bursting in to interrupt Clinton as well as moderator Chris Wallace of Fox News.

Trump highlighted his hardline immigration strategy as a way to get "bad hombres" out of the United States. He accused Clinton of wanting an "open borders" policy, a characterization she vigorously disputes.

"People are going to pour into our country," Trump said.

The Democratic presidential nominee charged that her Republican opponent has "exploit(ed) undocumented workers."

Clinton said she voted for border security and believes the U.S. is a country of laws, but also a nation of immigrants and said she's against ripping families apart.

She portrayed Trump's deportation plan as a logistical nightmare, saying it would force a "massive law enforcement presence" and require shipping people from the country in trains and buses.

Trump alleged Clinton has allowed Russia to expand its nuclear weapons. Clinton, in response, said Trump is "cavalier" about nuclear weapons, pointing to his past statements suggesting more countries should have nuclear power.

Threatening to upend a basic pillar of American democracy, Trump refused to say he would accept the results of the November election if he loses. The Democratic nominee declared Trump's resistance "horrifying."

Near the end of the debate, Trump interjected as Clinton was talking about preserving Social Security and Medicare, calling her "such a nasty woman." THE ASSOCIATED PRESS

Meet the smoking chimp

NORTH KOREA

Azalea's habit has made her a star at Pyongyang zoo

Pyongyang's newly opened zoo has a new favourite attraction: Azalea, the smoking chimpanzee.

According to officials at the newly renovated zoo, which has become a favourite leisure spot in the North Korean capital since it re-opened in July, the 19-year-old female chimpanzee, whose name in Korean is "Dallae," smokes about a pack a day. Dallae is short for Azalea. They insist, however, she doesn't inhale.

Thrown a lighter by a zoo trainer, the chimpanzee lights her own cigarettes. If a lighter isn't available, she can light up from lit cigarette if one is tossed her way.

Though such a sight would draw outrage in many other locales, it seemed to delight visitors who roared with laughter on Wednesday as the chimpanzee, one of two at the zoo, sat puffing away as her trainer egged her on. The trainer also prompted her to touch her nose, bow thank you and do a simple dance.

The zoo is pulling in thousands of visitors a day with a slew of attractions ranging from such typical fare as elephants, giraffes, penguins and monkeys to a high-tech natural history museum.

Another of the most popular attractions that might come as a surprise to foreign visitors is the dog pavilion, which has everything from German shepherds to Shih Tzus. The zoo also has performances featuring other animals trained to do tricks, including a monkey that slam dunks basketballs, dogs trained to appear as though they can do addition on subtraction on an abacus and doves that fly around and land on a woman skating on an indoor stage.

Renovations for the new zoo began in 2014, as part of North Korean leader Kim Jong Un's efforts to create more modern and impressive structures and leisure centres around the capital. The zoo actually dates back to 1959, when Kim Il Sung, the nation's first leader and the grandfather of Kim Jong Un, ordered it built on the outskirts of the city.

THE ASSOCIATED PRESS

Azalea, whose Korean name is Dallae, smokes a cigarette at the Central Zoo in Pyongyang, North Korea. THE ASSOCIATED PRESS

WHITE HOUSE

Obamas' final state dinner

"Bittersweet" was the word of the night, the one often used to describe President Barack Obama's final State Dinner.

"We saved the best for last," he said Tuesday as he welcomed Italian Prime Minister Matteo Renzi and his wife, Agnese Landini, to the White House. He wasn't joking.

The final gala meant everything was big or bigger, from the personality of the guest chef (Mario Batali) who collaborated on the menu to the size of the white tent (huge) on the South Lawn where the soiree was held, to the guest list (nearly 400 people).

Michelle Obama's outfit stole the show while guests of Italian descent included House Minority Leader Nancy Pelosi, former race car driver Mario Andretti, who sported socks designed like a checkered racing flag; fashion designer Giorgio Armani; actor John Turturro; New York Gov. Andrew Cuomo; and actor-director Roberto Benigni.

THE ASSOCIATED PRESS

Virtual reality arcades catch on

SMALL BUSINESS

Owners bank on gamers trying out new technology

Imagine walking into a black-walled, nondescript room that instantly transforms into another world where you can explore outer space or defend a castle from monsters — all by donning a virtual reality headset.

That's the experience that awaits visitors at one of the number of new VR arcades opening up across Canada. Business owners are hoping to capitalize on gamers' interest in trying out the immersive technology, even as it becomes more readily available for the public to use at home.

Since the summer and over the past few weeks, several companies have started releasing high-end VR headsets for consumers. But some industry insiders and VR arcade owners aren't concerned, arguing that the mass extinction video game arcades of the '70s and '80s faced won't beset this growing industry because obstacles like price and space still exist when it comes to bringing the true VR experience to households.

It's impossible to know how many VR arcades exist but more and more are opening up, says Bernie Roehl, co-founder of the Virtual Reality Standards Board that advises commercial VR facilities on best practices.

"It ranges all the way from huge, massive, literally multi-million-dollar installations, all the way down to an Internet café," he said, describing the gamut of VR arcades that exist in the global marketplace.

Several of these facilities already operate in Canada, including Ctrl V, which opened its first Waterloo, Ont., location last June. It boasts 16 play spaces where visitors can select from more than 20 games, including multi-player experiences, with new ones added monthly for about $25 an hour.

Ctrl V has since expanded to a second spot in the city and is planning for at least another 20 locations in the first year, says its chief financial officer Robert Bruski. He says the company has received about 160 applications to open franchise locations — mostly in Canada and the U.S., but also from the U.K., France, Australia and South Africa.

"Most people have never played virtual reality, so it's new to everyone," says Bruski.

Roehl says there's a need for VR facilities because they allow consumers to try out the technology at a reasonable price.

Even though the HTC Vive VR headset started shipping orders to Canada this summer — with the PlayStation VR and the Oculus Rift having launched more recently — the price of these systems still makes it prohibitive for most gamers, he says.

THE CANADIAN PRESS

Vanessa Glavac plays a puzzle game at Ctrl V Virtual Reality Arcade in Waterloo, Ont. HANNAH YOON/THE CANADIAN PRESS

Chris McGuire plays at Ctrl V, Canada's first virtual reality arcade and gaming hub. HANNAH YOON/THE CANADIAN PRESS

> "Most people have never played virtual reality, so it's new to everyone." Robert Bruski

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NATURAL GAS: $3.17 US (–9.3¢)
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BANK OF CANADA

Gloomy outlook on growth keeps key interest rate low

The Bank of Canada has downgraded the growth outlook yet again with fresh projections Wednesday that see an impending drop in housing activity tied to new government rules and, more importantly, signs of a permanent decline in exports.

The gloomier economic picture weighed heavily enough on the central bank's governing council for them to actively discuss lowering the trendsetting interest rate from its already-low perch of 0.5 per cent, governor Stephen Poloz said. But the bank ultimately kept the rate where it's been since July 2015, as analysts had widely expected.

The bank's latest monetary policy report was released as the economy continues to struggle to emerge from a prolonged period of slow growth and recover from the negative effects of the plunge in oil prices that began two years ago.

On exports, Poloz said the bank's latest projections incorporated a "structural" shortfall to help account for the long-running disappointment in the numbers. The change was made despite some encouraging export data in the last couple of months.

"If we get lucky, then we'd get some of it back," Poloz told a news conference in Ottawa. "But at this stage we can't really predict that."

THE CANADIAN PRESS

IN BRIEF

SNC-Lavalin fined for generating electricity
The Ontario Energy Board has fined SNC-Lavalin $75,000 for operating a gas-fired electrical generating plant at Toronto's Pearson International Airport without a licence for the past 10 years. Ontario Energy Minister Glenn Thibeault said the Greater Toronto Airports Authority did have a licence as the owner of the electrical generating plant, but the operator, SNC-Lavalin, didn't get one until it was ordered to do so last June.
THE CANADIAN PRESS

Court sides with Canada Post in mailbox dispute
Ontario's highest court has ruled in favour of Canada Post in a dispute with the City of Hamilton over the placement of community mailboxes. Hamilton brought in a bylaw last year that required Canada Post to obtain a $200 permit per site to install boxes on municipal land.
THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Thursday, October 20, 2016

CHANTAL HÉBERT ON THE GOVERNMENT'S FIRST ANNIVERSARY

The alignment of the stars continues to favour the PM. With the opposition parties leaderless, the biggest risk to the Liberals these days is to let success go to their heads.

Much celebration — for the most part justified — is attending the first anniversary of Justin Trudeau's election victory. Twelve months later, polls elicit no buyer's remorse. Many voters who did not support Trudeau last year are on balance happy he won.

The alignment of the stars continues to favour the prime minister. With the opposition parties leaderless, the biggest risk to the Liberals these days is to let success go to their heads.

On that score, it may be time to keep Trudeau away from his press clippings.

On three occasions since the House reopened last month — including twice in this anniversary week — the prime minister has short-circuited negotiations between his ministers, the provinces or the opposition parties.

In an interview published in Le Devoir on Wednesday Trudeau signalled he is no longer enamoured with his promise to change the voting system in time for the next election.

The prime minister argues that on the heels of the election of a Liberal government, many Canadians no longer feel it is urgent to do away with the first-past-the-post system.

The outcome of the last election has indeed alleviated the fear of many progressive voters that, under the current system, the division of the opposition vote would give the Conservatives a virtual lock on federal power.

But the Liberal zeal for moving away from a system that has just delivered them a majority has flagged at least as quickly as the electorate's sense of urgency.

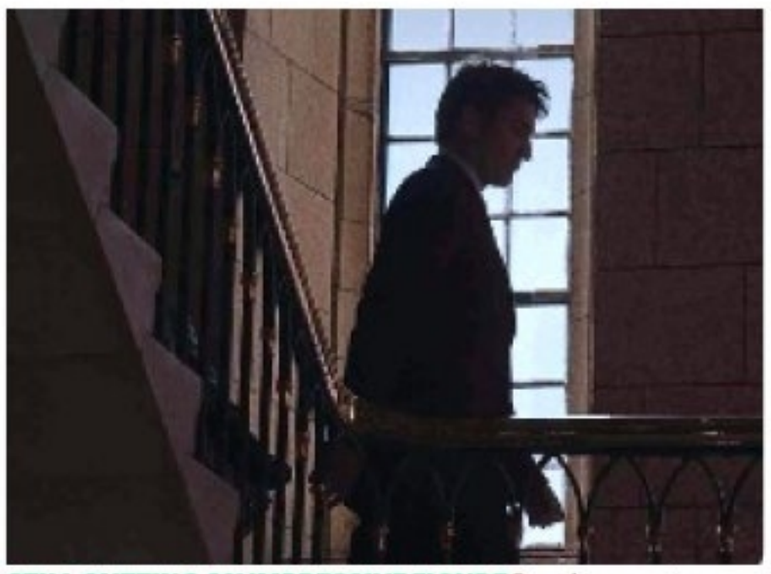
The last election alleviated progressive voters' fear that the current electoral system would give the Conservatives a lock on federal power.

In his early days as prime minister, Jean Chrétien celebrated election anniversaries by listing all the platform commitments he had honoured. Trudeau, it seems, believes the occasion lends itself to backtracking on promises.

The prime minister's timing is counterintuitive in yet another way: an all-party committee is about to try to craft a consensus on the way forward on electoral reform. Trudeau may have wanted to send the NDP and the Greens a message that if they do want a different system, they will have to put much water in their wine to find common ground with the Liberals.

But his comments can only exacerbate the Conservatives' sense that his only interest in moving to a different voting system would be to rig future elections against their party.

Trudeau's musings also shore up the perception that the Liberals on the electoral reform committee, along with reform minister Maryam Monsef, are on a mission to sabotage the discussion.



STILL CUTTING AN IMPRESSIVE FIGURE Despite recent statements that made life difficult for his cabinet ministers, Justin Trudeau retains that new-PM sheen one year in. THE CANADIAN PRESS

Standing at his seat in the Commons earlier this week, the prime minister alleged that the provinces have been diverting federal health dollars towards other programs.

Provincial health spending has been increasing at about half the pace (three per cent) of the federal health transfer. But Ottawa funds only a fraction (23 per cent) of the total provincial health bill. Even with the current six-per-cent escalator clause on that amount, the federal increase does not cover the actual rise in total health spending. The bottom line is that the prime minister is basing his case for cutting the annual increase in half on a mathematical fallacy.

The main result of Trudeau's comment was to make a difficult conversation between federal Health Minister Jane Philpott and her provincial counterparts even more antagonistic. Trudeau did not create this week's stalemate, but he is certainly not contributing anything constructive to its resolution.

On the day last month when the prime minister declared his intention to set a national floor price on carbon, Canada's environment ministers were meeting to discuss climate change. They were put in front of a fait accompli. Some of them walked out on Environment Minister Catherine McKenna.

For the most part Trudeau earned kudos for the substance if not for the method of his announcement on carbon pricing. It was an overdue move on the part of a federal government.

Reviews of his health-care approach are more mixed. The federal government does not need provincial approval to determine the level of its health transfer, but it can't get the reforms it hand-picked in its platform off the ground without provincial co-operation.

Electoral reform is not a top-of-mind issue for most voters. The political costs of Trudeau ditching the promised introduction of a different voting system in time for 2019 would not be prohibitive.

But when one connects the dots between the prime minister's interventions on three of this fall's time-sensitive files, one finds little evidence of the collegiality Trudeau promised last year.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

VICKY MOCHAMA

A stress eater's guide to enduring the U.S. election

Watching the Democrats and Republicans battle it out first made me angry, then massively hungry.

For two years we've been hearing about this seemingly endless election. Would Bill Clinton be an asset or a liability to Hillary? What about ISIS? Would the GOP get it together? (Spoiler: no.)

I'm starving.

On Tuesday night, I made 24 cornbread muffins. I am not a baker. I don't like to encourage associations between me and kitchens. I was arming myself for last night's debate. Eating your feelings is an essential survival strategy for this election.

I was unprepared for the first debate: a plate of nachos and salsa. The next day, I ate a chocolate chip cookie every hour until the world felt right again. Luckily, the second debate was on Thanksgiving. It gave me a full plate to stare miserably into during each of the 55 times that Trump interrupted Clinton. The key is to keep chewing; otherwise bites of poultry will fall out of your mouth and onto your lap when the Republican candidate threatens to jail his opponent.

On Super Tuesday, Heather Whaley, writer of the book Eat Your Feelings: Recipes for Self-Loathing, recommended making a soup. To start: "Turn off the television, turn off the radio, put your phone in your sock drawer, and pre-heat the oven to 425." To finish: "Serve this with some crusty bread, a nice sharp cheese, and something bracing because it's going to be a long nine months." And so it has been.

The nine months has been ample time to develop a warm, cordial relationship with my local food-delivery people. To stay in their good graces (and get my order in a timely fashion), I've had to be careful that my food reflects my politics. In this wild and wacky cycle, even a bucket of chicken is more than it seems. The political-action committee created by Yum! Brands — owner of Taco Bell, Pizza Hut and KFC — donated over $2,000 to a conservative PAC led by former Republican congressman Eric Cantor, according to Eater. Given that congressional Republicans have obstructed every one of President Obama's plans, it's probably better to forgo the stuffed-crust double pepperoni with mushrooms in favour of the neighbourhood Thai spot.

Every Big Food brand, from Skittles to Wendy's, seems to have gotten in on the campaign; the search for friction-free packaged fare may be futile. Thus, I bake. For last night's debate, I sat down with a glass of wine, 21 muffins (three did not survive the wait), a bowl of soup and a creeping sense of dread.

Now that we're past the final debate, with only Election Day left to contemplate, just one question remains: What does one eat for the apocalypse?

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Heeding a personal call to arms

INTERVIEW

Dillon Hillier recalls fight against Daesh in new memoir

Dillon Hillier, right, who served a tour in Afghanistan with the Canadian military, also fought Daesh with Kurdish forces in Iraq.
CONTRIBUTED/THE CANADIAN PRESS

Dillon Hillier had left military life behind, but the murders of two Canadian soldiers on home soil spurred the veteran to head to the front lines — although not with the Canadian Forces.

Hillier had been horrified by headlines showing the havoc wreaked by Daesh, including the capturing of Yazidi women as sex slaves, and a violent campaign of rape, torture and killing.

"Then, there was also the fact that there was about 90 Canadian citizens over there participating in these atrocities with ISIS (Daesh)," said Hillier, who served a tour in Afghanistan as a corporal in the Princess Patricia's Canadian Light Infantry.

"That made me think: 'OK, I may be able ... to at least show people, the Kurds and everyone, that there are Canadians willing to do the right thing as well — even though they're not being asked to."

Hillier said the 2014 slayings of warrant officer Patrice Vincent and Cpl. Nathan Cirillo were the "trigger" for him to do more than just observe from afar. Vincent was killed when a man classified by police as a radical Islamist ran him down with his car in St-Jean-sur-Richelieu, Que. Days later, Cirillo was killed while standing guard at the National War Memorial by a lone gunman who later stormed Parliament Hill.

In One Soldier, (HarperCollins Canada) Hillier documents the three months he spent in a volunteer effort accompanying the Kurdish army in a series of battles against Daesh in northern Iraq.

Hillier's brother, Russell, who is collaborator on the memoir, was in the know about his plans — but his parents weren't.

> **"I focus on the good things that happened there. ... Taking pictures with the kids in the villages right behind the front lines. I love thinking about those things."** Dillon Hillier

"My parents were so angry at me, especially the way I went about informing them. I sent my dad an email five minutes before I boarded the plane in Calgary — and they were really mad. But they understand now why I felt I had to do this."

Upon arrival at a forward operating base of the Kurdish guerilla fighters PKK, they sought to seize Hillier's electronics, describing them as "distractions."

He surrendered his computer, but was able to keep his cellphone to have a connection to the outside world. Hillier said he compiled key details and memories for One Soldier from social media chats.

Hillier, 28, said a big part of writing the memoir was providing more than a brief snapshot of the conflict and detailing the realities of the situation overseas.

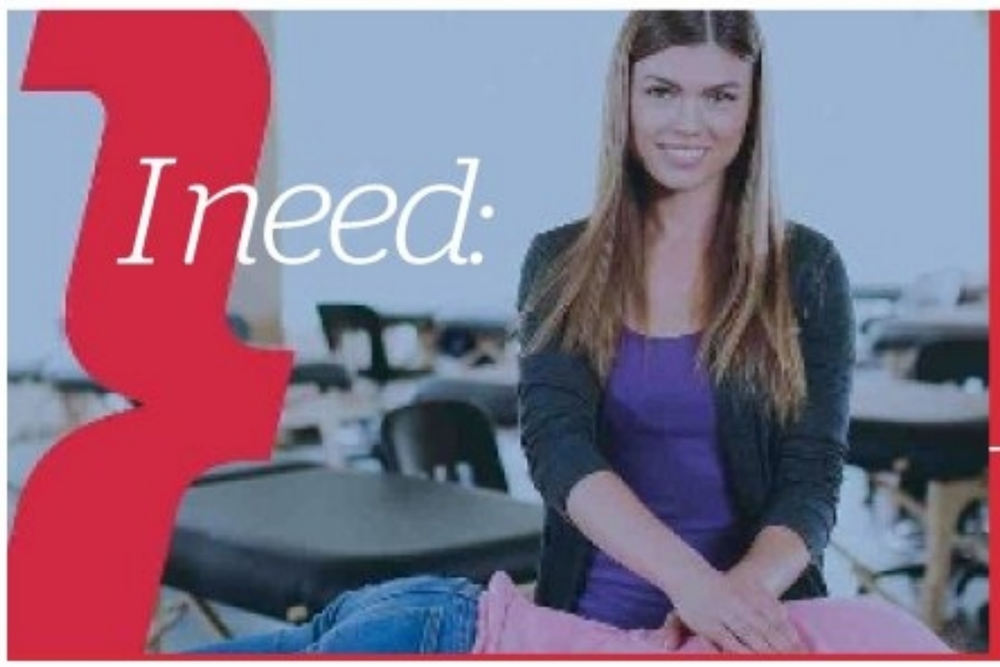
"I didn't realize that there was 1,000 kilometres of trenches — the Kurds on one side, ISIS (Daesh) on the other — sometimes 50 metres, sometimes a kilometre in between trenches.

"It was very reminiscent of the Western Front in (the First World War). I didn't really appreciate that before I went."

Hillier said the skills developed over his five years in the Canadian Forces were crucial in the fight against the Islamic State, but he found combat to be "pretty disorganized."

A notable moment for Hillier during his time in combat was coming to the aid of a Kurdish fighter who had been shot in the face, whom he dragged to cover and bandaged prior to his evacuation. He also recalled the pride he felt in being able to help recapture the town of Tal Ward.

"People were going to be able to return to their homes.... That made me feel pretty good."
THE CANADIAN PRESS



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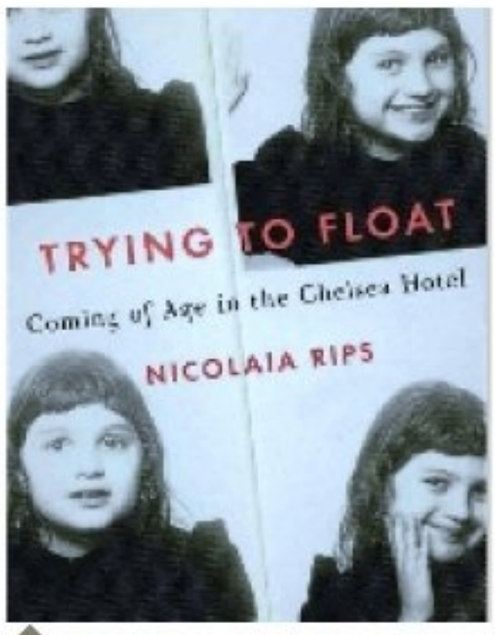
5 MUST-READ TRUE TALES MEMOIRS YOU WON'T BE ABLE TO PUT DOWN

A teenager's view of life; tales of addiction and co-dependence; and thoughts from an 'ugly' kid help us see the world in new ways.

TORSTAR NEWS SERVICE

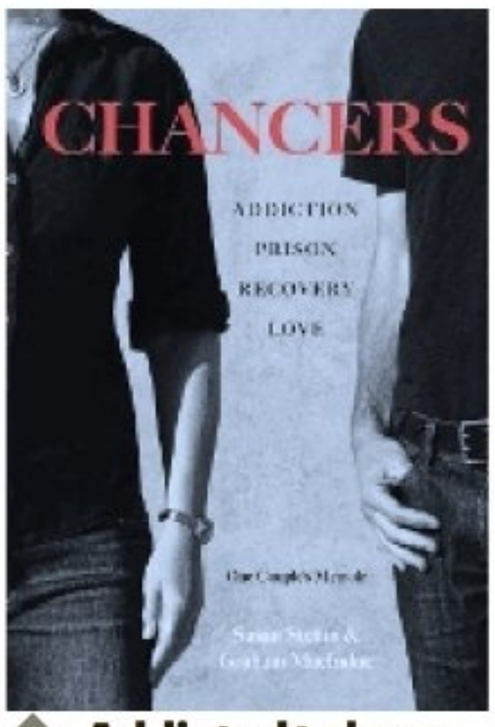
1 Mormon scandal

In **The Latter Days** Judith Freeman begins by itemizing her life at 22 in the late 1960s: she's living with her parents while divorcing a husband she married at 17; working in the cookware section of a Mormon department store in Utah over Christmas (she steals an iron pot on her last day); sleeping with her 4-year-old son's heart surgeon, who is married with three kids; and estranged from the Church of Jesus Christ of Latter Day Saints. With this update, we scroll back to the beginning of her life, and the events that brought her to this crossroads.



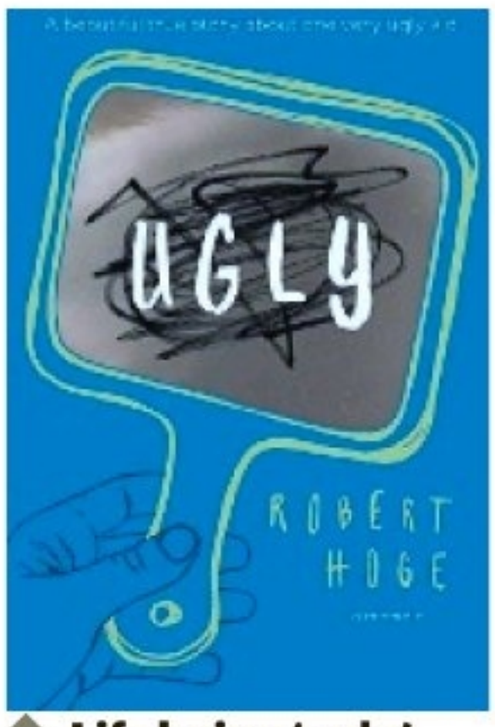
2 Coming of Age

Nicolaia Rips is 16, a recent graduate of LaGuardia High School, the Manhattan arts school. She's also the author of **Trying to Float: Coming of Age in the Chelsea Hotel**. What qualifies a teenager to publish a memoir? Simply this: Rips grew up at the Chelsea Hotel, home over the decades to eccentrics and visionaries (Leonard Cohen, Andy Warhol). She has colourful stories to tell, and a fresh approach to surviving adolescence that will resonate with young women.



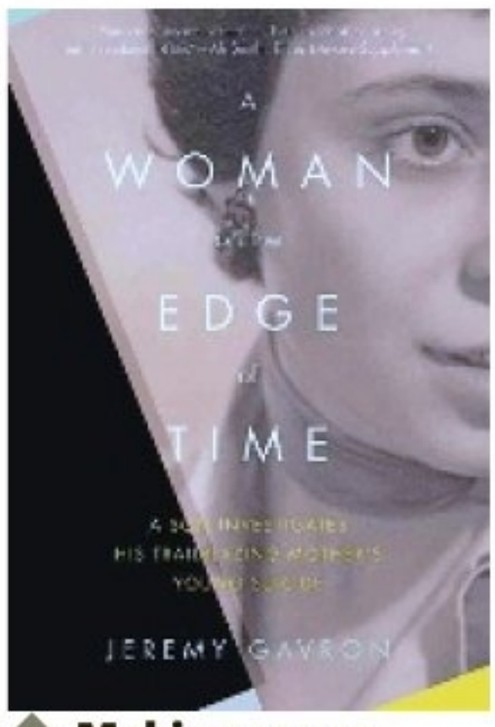
3 Addicted to love

Chancers: Addiction, Prison Recovery, Love is an affecting relationship story is told in alternate chapters by writer Susan Stellin and photographer Graham MacIndoe, a charming Scot. They got together in 2005, when Stellin asked MacIndoe to take an author photo for a travel book. At first she was blind to the red flags, but soon realized he had big addiction issues (he'd quit drinking, only to embrace harder drugs). Few memoirs have so vividly described the damage caused by substance abuse.



4 Life being 'ugly'

Ugly, aimed at kids, describes Robert Hoge's challenging childhood. He was born with a massive tumour on his face, his eyes on either side of his head, like a fish, as well as serious deformities in his legs (when they were amputated, surgeons used one of his toes to build a nose). Hoge, who lives in his native Brisbane, Australia, and is married with children of his own, writes with humour and wisdom about fitting in while being different. Kids will learn a lot about open-heartedness from reading his book.



5 Making sense of suicide

On Dec. 14. 1965, Hannah Gavron, 29, an academic married to an up-and-coming entrepreneur, let herself into a friend's flat in north London, turned on the oven and gassed herself. Her suicide baffled everyone who knew her. **A Woman on the Edge of Time** is an investigation by her son Jeremy (4 years old when she died), to discover why his brilliant and beautiful mother decided to end her life.

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GRAPHIC NOVEL

Daniel Johnston's eccentric life story

Mike Donachie
Metro | Canada

The Incantations of Daniel Johnston
BY: Ricardo Cavolo and Scott McClanahan
PUBLISHER: Two Dollar Radio
$26.50; 100 pages

This really does read like an incantation.

It may read like the life story of musician and visionary Daniel Johnston, but this graphic novel is remarkable in itself, and just as eccentric.

It is Johnston's life story: his early years, family life, inspirations, career and mercurial talent. There's also mention of his unexpected fame after Kurt Cobain wore a Daniel Johnston T-shirt.

But the more esoteric aspects of his personality, such as his serious mental illness, are there, too, woven into a narrative that somehow takes the weirdness a step further, repeatedly telling the reader to put the book down because it's just not worth the risk.

It is worth the risk. McClanahan's direct-to-reader, declarative style, and Cavolo's brash-yet-balanced use of wile colours and eye-popping layouts, combine into a tribute to one of music's great characters, but also a piece of great art in itself.

Join the incantation. You won't regret it, despite what the book says.

BOOK BRIEFS

Disney CEO working on leadership book

Robert Iger, chairman and CEO of the Walt Disney Co., is working on a book about "leadership and management." Random House announced Monday that Iger will reflect on the "ideas, values and growth strategies" that have underlined his 11 years running the entertainment giant. The book, which will include his thoughts on key decisions such as the acquisition of Pixar, is currently untitled and doesn't yet have a release date. THE ASSOCIATED PRESS

The Very Hungry Caterpillar now dining in digital

The Very Hungry Caterpillar is now dining in digital. On Monday, Eric Carle's picture book classic made its debut in electronic format, Penguin Young Readers said. The new edition includes an audio recording of Carle reading the narrative. The Very Hungry Caterpillar, first published in 1969, has sold more than 40 million copies worldwide. THE ASSOCIATED PRESS

Enter the mind of a misogynist

Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel Guy, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women. RICHARD SHOTWELL/INVISION/AP, FILE

INTERVIEW

Bydlowska tackles challenging character

Sue Carter
For Metro Canada

Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel Guy, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women.

Rich in looks and charisma, Guy is responsible for the commercial success of $isi, a young pop star with whom he had a sexual relationship before she was diagnosed with cancer.

While the parallels between Kesha's accounts of Dr. Luke's manipulations and the way that Guy treats $isi and other women are purely coincidental, the culture that has allowed predatory male behaviour to thrive for so long is finally being openly discussed — thanks in part to accusations against U.S. presidential candidate Donald Trump — which makes Guy such a prescient read despite its protagonist's shocking behaviour.

Best known for her controversial memoir Drunk Mom, which chronicles an alcoholic relapse after the birth of her son, Bydlowska knew that after all the attention that book received, she needed to write about someone as far away from her own experience as possible.

While holed up in a small cottage town editing the Drunk Mom manuscript — an experience Bydlowska found very difficult, emotionally — she didn't have access to Wi-Fi. One day, while walking to the local internet café (a location that appears in Guy), Bydlowska noticed an attractive man, and tried to catch his eye, wondering, "What's it like to be him?" She recalls thinking in the moment: "It would be such a relief to be someone else for a day."

Rich in looks and charisma, Guy sleeps with "plain girls," whom he rates clinically on a scale of one to 10, delusional in his belief that sex with him somehow opens up these women's futures and changes their lives.

"I've had someone ask already if it's someone that I've dated
Jowita Bydlowska on her inspiration for Guy

Even Guy's dog, comically named "Dog," plays a prop role in his obsessive philandering. Bydlowska acknowledges Guy is a jerk with many horrible traits, but also views him as complicated and troubled, and even sensitive at times.

"Guy was a really challenging character to write, but in a good way. I didn't give him any of my thoughts, but I certainly used things that I've read online and I've heard from men and women. He was a good channel for social commentary," she says. "Most importantly, I could remove myself from the character. I didn't have to excuse him or talk about myself."

Though the "Lad-lit" genre has been around for a long time with authors such as Nick Hornby and Bret Easton Ellis (whose iconic novel American Psycho was influential on Bydlowska), it is rare for a woman to write such a brutally honest first-person depiction of a misogynist.

Bydlowska felt she had some freedom: she didn't worry about Guy's likeability or appropriating the voice of a wealthy young white man.

"I probably had more room to explore the subject than a man would. I feel like it was a guy who wrote this, he would be in trouble with people thinking it's all about him," she says. "Though in my case, I've had someone ask already if it's someone that I've dated. It just shows how we think about men and women, and our relationship with the world."

Sue Carter is the editor at Quill & Quire magazine.

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ANN PATCHETT

The fraught reality of writing your family

Ann Patchett admits her work has always been somewhat informed by her personal life and her bestselling novel Commonwealth is no different.

A bottle of gin, a stolen kiss and a tragic death are catalysts that drive the plot of Patchett's seventh novel, which hit bookshelves in September.

L.A. district attorney Bert Cousins shows up uninvited at a christening party for Franny Keating, bearing the inappropriate gift of a large bottle of gin. Before the gathering is over, Bert kisses Franny's beautiful mother Beverly, precipitating an affair that results in the breakup of their marriages.

The book follows the Cousins and Keating families over five decades as they deal with the fallout of these events and learn to move on.

Patchett acknowledges there are some autobiographical elements in Commonwealth (HarperCollins Canada).

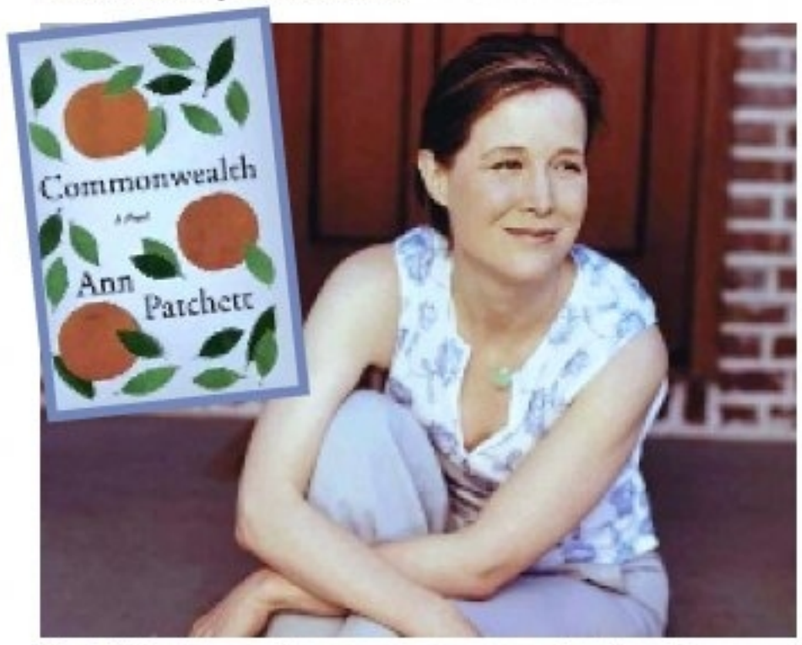
"Anybody who spent five minutes researching my life could figure out that there were similarities between my circumstances and the people in this book," she says. "All I can say is, I think all of my books are about my family. It's just I dressed the other ones up a lot more."

The 52-year-old writer, who won the Orange Prize for Fiction and the PEN/Faulkner Award for Fiction for Bel Canto, says she's always been careful not to write anything that would make her loved ones uncomfortable.

But in not writing about the lives of her family she was also not writing about her own life. In order not to tread on anyone's toes, she talked to family members before starting the novel and during writing. And she sent everyone a copy of the finished manuscript.

"Everybody read it and everybody was fine. It's been interesting because this has really been the one book where I haven't cared at all about reviews or how the public views the book because I cared so much about what my family thought about the book and I was really nervous when they were reading the book."

THE CANADIAN PRESS



Ann Patchett says she was more nervous about how her family was going to receive her novel than the public. CONTRIBUTED

Advice to parents: Let your kids eat some dirt

INTERVIEW

Author urges us to ditch the hand sanitizer for better health

Let Them Eat Dirt author and microbiologist Marie-Claire Arrieta says that our liberal use of antibacterial soaps and hand sanitizers are having a negative impact on our children's immune systems. ISTOCK

Yes, it's important to wash your hands. It's critical during cold and flu season and especially if you visit someone at the hospital.

The problem is — in the West at least — parents have taken the business of keeping clean way too far. New science shows that a lot of the tiny organisms called microbes that we're so busy blasting away with our hand sanitizers, antibacterial soaps and liberal doses of antibiotics are having a profoundly negative impact on our kids' immune systems, says microbiologist Marie-Claire Arrieta, co-author of a new book called Let Them Eat Dirt: Saving Our Children from an Oversanitized World.

The assistant professor at the University of Calgary, along with her co-author, esteemed microbiologist Brett Finlay, make the case that we're raising our kids in a cleaner, more hyper-hygienic environment than ever before. They say that overdoing it the way we are is contributing to a host of chronic conditions ranging from allergies to obesity. Here, Torstar chats with Arrieta.

What inspired you and Finlay to write Let Them Eat Dirt?

We're both microbiologists and we've been studying the community of microbes that live in our guts — what we call our gut microbiome. In recent years research from our lab and other labs has shown that the health of this microbiome early in life is really crucial to our lifelong health. It's not just that we're scientists but we're both parents. We thought that parents and caregivers would really benefit from us bringing this knowledge to the public.

We've been hearing for some time that overusing antibiotics may lead to antibiotic-resistant hospital infections, something we may associate with the elderly and other immune-compromised people. But I gather the implications are much more immediate and individual than that. What's the connection between microbes and the development of the immune system in childhood?

When we're born we do not have any microbes. Our immune system is underdeveloped. But as soon as microbes come into the picture, they kick-start our immune system to work properly. Without microbes our immune system can't fight infections well.

It's not just the presence of these microbes but what they produce. They produce molecules and substances that directly interact with the cells of the lining in our guts, but also with the immune cells that are on the other side of the lining in our guts. They literally train them. It is only upon the encounter with these microbial substances that an immune cell obtains the information to do what they're supposed to do. Then these cells in our gut have the ability to transport themselves to other parts of the body to do more training.

Are there things parents can do — and not do — to make sure they develop a good healthy microbiome and perhaps lower the chances of children contracting allergies, asthma and other related conditions?

Epidemiological evidence shows that kids who are growing up on a farm environment have way less chance of developing asthma. Of course you cannot just pick up your things and become a farmer, but what this suggests is that living in an environment that is less clean is actually better. The same is true for owning a pet, specifically a dog. Let your baby safely play with dogs.

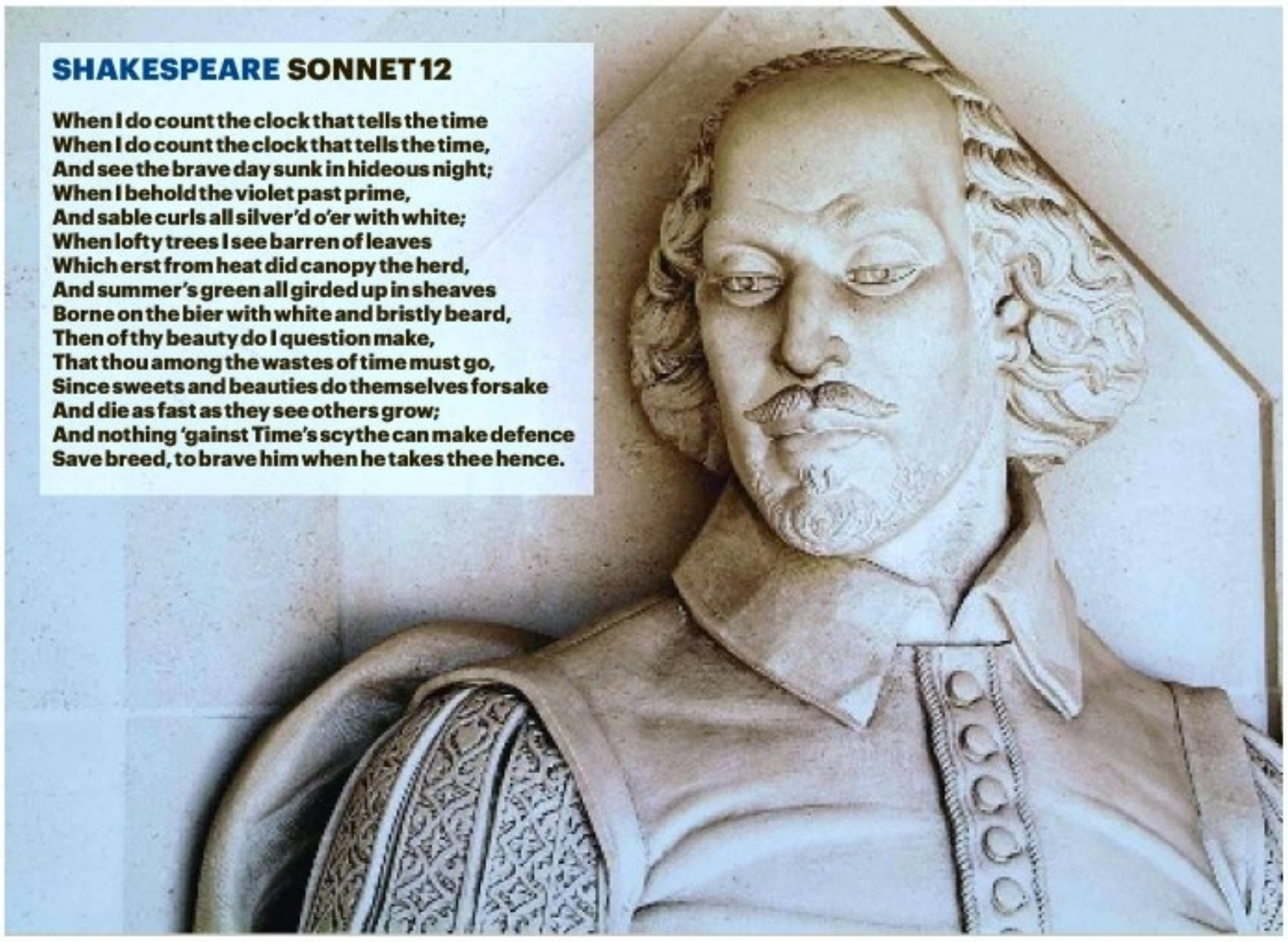
Studies have also shown that cleaning everything that goes in baby's mouth increases their chances of asthma. The incidence of developing asthma is decreased if the pacifier is cleaned in the parent's mouth. And all of this points to the fact that we are just living too clean, to a point that it is not beneficial.

TORSTAR NEWS SERVICE

As part of the 400th anniversary this year of Shakespeare's death, two graphic artists are rethinking his work: specifically, the Bard's Sonnet 12. Toronto's John Martz and the U.K.'s Jonathan McNaught were each asked to respond to the 14-line sonnet in a graphic form. Here's what they did, and how they got there.

TORSTAR NEWS SERVICE

Rethinking the Bard's Sonnet 12



John Martz

John Martz. CONTRIBUTED

What did you think when you first heard this idea?
As comics become more accepted as a literary form, I think their capacity for poetry can be overshadowed by their more prosaic qualities. So I liked the idea, though was maybe skeptical that a 14-line sonnet could be expanded into a four-page story without losing the conciseness so inherent in the sonnet's form. When I was told Jon McNaught was on board, that sealed the deal for me. Jon is a remarkable, nuanced cartoonist, and I liked the challenge of creating something that might complement his work in my broader cartoony style.

How well do you know Jon McNaught (or his work)?
We've been both been published by Nobrow in London, but before this project we had only met in person once, at the Small Press Expo in Bethesda, Maryland a few years ago. We Skyped together in preparation for creating these comics and we got along very well. It was an effortless collaboration.

Just as importantly, how well do you know Shakespeare? And specifically Sonnet 12?
I know the Greatest Hits from high school, but I can't exactly call myself a Shakespearean scholar. I didn't know the sonnets at all, to be honest, though I was familiar with the form, and have had a crack or two at writing sonnets myself. I wasn't immediately keen on Sonnet 12 because so much of the imagery and visual metaphor seemed a bit on-the-nose (a clock, a wilting flower, the seasons changing), but once I gave myself permission to tackle the themes of the sonnet using my own metaphors rather than Shakespeare's, I warmed to it.

How did you approach your adaptation?
A sonnet has a very strict formal structure, with a set rhythm and rhyme scheme, and the first challenge Jon and I shared was how to translate that structure into comic panels. We settled on a panel grid that echoed the form of a sonnet without being too literal (we settled on 4 panels per line, rather than the 5 that the iambic pentameter seemed to insist). The real challenge for me was how to take the concise, carefully-crafted images from the sonnet and to expand them into multiple panels. I like working with humour and science fiction, so it didn't take long for this adaptation to go that route. The theme of immortality-through-procreation seemed like it could be about cloning, so I made my story about a man who clones himself, and the rest of the sonnet came together based on that decision — images of the decaying natural world in Shakespeare's sonnet became a dying planet in my story.

Jon McNaught

Jon McNaught. CONTRIBUTED

What did you think when you first heard this idea?
I was very intrigued by the project from the start, although I had no idea how it would play out as I haven't really attempted anything like this before. Although I found it slightly daunting, I welcomed the excuse to read the sonnets in some depth, and was interested in exploring the similarities between the formal structure of poetry and of comics.

How well do you know John Martz (or his work)?
I've known John's work for years, first becoming aware of him when I discovered his blog 'drawn' many years ago. Since then I've been a fan of his books, so I was very excited when I heard that he was on board for the project.

Just as importantly, how well do you know Shakespeare? And specifically Sonnet 12?
I mainly knew Shakespeare from reading the plays at school. I may have touched on a few of the sonnets, but as a 14-year-old they didn't really grab me. It was great to have this opportunity to read them more thoroughly, and they really resonated this time, I found many of them very powerful. My brother recommended me a very good commentary on Shakespeare's sonnets by Don Paterson which really helped bring the poems to life for me. Sonnet 12 stuck out when I read it, particularly the haunting line 'thou among the wastes of time must go.'

How did you approach your adaptation?
When we first spoke on Skype, John and I decided it was important to come up with a grid structure together that would best reflect the formal structure of a sonnet, and then both use this within our individual comic strips. We gave each line of the sonnet a line of panels, and used a 4-panel grid to try to replicate the rhythm of the iambic pentameter. This seemed like an appropriate way to mirror the formal restraints of a sonnet. We also decided to completely abandon the words and make entirely visual adaptations, we didn't want to end up simply illustrating the words, which could risk killing off the subtlety of the language. I had the sonnet in the back of my mind for a couple of weeks, and in certain situations it kind of crept up on me and felt very relevant. I was particularly looking for visuals in a contemporary setting that would work alongside the metaphors in the poem, suggesting passing time and fading beauty. Sitting on a bus one evening I thought about the line "thou among the wastes of time must go" as I looked around at all the tired people sitting silently around me, and it seemed to resonate. The visual of the ghostly reflections in the dark glass helps to capture this sense of foreboding, so I begun to work the comic strip out around this point. In drawing the comic strip I decided to interpret the sonnet line by line, sometimes in quite a literal way, and sometimes changing the metaphor to fit in with the contemporary setting. I also attempted to use the same rhyme scheme (ABAB etc.), but using visual rhymes at the end of each line instead of verbal, so the images mirror each other in terms of shape and composition.

Did anything about the process surprise you?
I was surprised at how many similarities there are between the formal structure of a sonnet and of a comic strip. The process of planning out the grid collaboratively with John was very straightforward in the end, it just seemed to translate very naturally.

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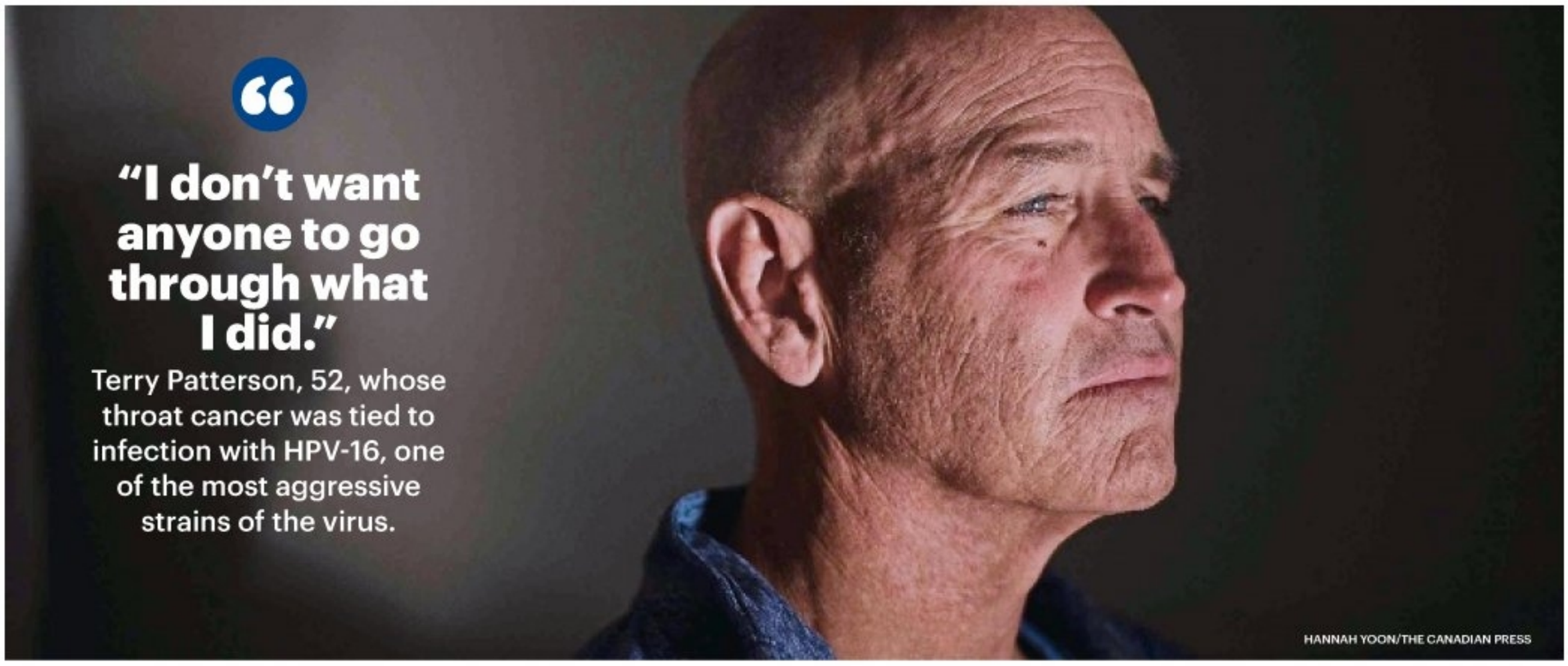


HANNAH YOON/THE CANADIAN PRESS

Men’s HPV-related cancers on the rise

RESEARCH

‘Deep kissing’ and oral sex major culprits in transmission

Malignant tumours in the mouth and throat caused by the human papillomavirus have risen dramatically among men and could surpass the rate of HPV-induced cervical cancer in women, new statistics from the Canadian Cancer Society suggest.

In a report released Wednesday, the organization said the incidence of HPV-related mouth and throat cancers jumped 56 per cent in males and 17 per cent in females between 1992 and 2012, the latest year for which statistics are available.

An estimated 1,335 Canadian men and women were diagnosed with HPV-linked “oropharyngeal” cancers in 2012, and 372 died from the malignancies. They now represent about one-third of all HPV cancers in Canada, equal to the proportion of cervical cancer cases, said Leah Smith, the Canadian Cancer Society epidemiologist who helped author the report.

Human papillomavirus is the most common sexually transmitted infection worldwide. Most sexually active men and women become infected with HPV at some point during their lifetime. Most people clear the virus in about two years, but in a small proportion of those infected, the virus persists and can later cause cancer.

This year, almost 4,400 Canadian men and women will be diagnosed with an HPV cancer, including cervical, genital and anal cancers, and about 1,200 will die from their disease.

“HPV is a virus that infects moist skin, namely oral and genital mucosa,” said Dr. Eduardo Franco, head of oncology at McGill University in Montreal and a world-renowned expert on the pathogen. “The oral cavity is particularly susceptible, the tissue around the tonsils and the base of the tongue.”

Franco said research is increasingly pointing to “deep kissing” and oral sex as major culprits in HPV transmission. In a small proportion of those infected, mouth and throat cancers may develop years — even decades — later.

“The fact that we’re seeing these things now is a reflection of ... the changes in sexual mores of the ‘60s and ‘70s, which eventually brought oral sex to be part of people’s lives,” he suggested.

“It takes a long time for exposure of an agent to eventually develop into cancer, so much of what began in the ‘60s and ‘70s is rolling out now in terms of an increased risk of cancer.”

Those cases could be dramatically reduced — in fact, eliminated — if both girls and boys were inoculated against the most dangerous strains of HPV before they become sexually active, stressed Franco.

That’s a message Terry Patterson, 52, is eager to impart after going through treatment for throat cancer that was tied to infection with HPV-16, one of the most aggressive strains of the virus.

2 shots

A U.S. government panel says that preteens only need two doses of the HPV vaccine, not three. This is good news for busy parents who struggle to get their children all three shots within six months.

In fall 2013, the father of four grown children had been feeling run down, his throat was persistently sore and glands in his neck were swollen. A biopsy confirmed a growth in his left tonsil was malignant.

“I was astonished,” said Patterson, an insurance executive who considered himself fairly fit from recreational activities like running, cycling and playing hockey, despite being somewhat on the heavy side.

What followed was 35 days of radiation treatment — five days a week for seven weeks — at the Princess Margaret Cancer Centre in Toronto, each lasting about 45 minutes, as well as chemotherapy to prevent future recurrence of the tumour.

“It was a nightmare,” Patterson said from his home in Waterloo, Ont. “It’s the worst thing I’ve ever been through.

“My throat closed up so I couldn’t eat,” he said, explaining that for months all his nutrition came via a feeding tube inserted in his abdomen. “I lost 45 pounds and got third-degree burns from the radiation.”

Patterson, who is now cancer-free, encourages parents to have their children vaccinated against HPV. THE CANADIAN PRESS

Restaurants can market smaller portions and focus on quality of their food to help people regulate food intake, says Yann Cornil, an assistant prof at UBC’s business program. ISTOCK

STUDY

How to cut back on food portion sizes

Wanyee Li
Metro | Vancouver

It may seem counterintuitive but the key to cutting down portion sizes may be as simple as reminding yourself how good the food will taste, according to a UBC professor.

A UBC study shows people who were asked to imagine what a menu item would taste, smell and feel like, chose 25 per cent smaller portions and were willing to pay up to 30 per cent more.

It’s a finding that could benefit both consumers and the food industry, said Yann Cornil, an assistant marketing professor at UBC’s Sauder School of Business.

The method, tested on almost 1,000 people, works because it reminds people to make their decision on portion size based quality, he said.

“They evaluate the food based on the pleasure they get from it instead of their hunger or how much they get for their money.”

People who eat smaller portions are also happier than those who eat large amounts because the pleasure from food comes from the first few bites, said Cornil.

“The sensory pleasure you get from food tends to peak with the first few bites and then quickly decline.”

The study, co-authored by Pierre Chandon, a L’Oreal chaired professor of marketing at INSEAD, also tested this theory on children and found similar results.

It’s an important finding at a time when North America is suffering from an obesity epidemic, he said. Cornil hopes restaurants will market smaller portions and focus on the quality of their food in order to justify higher prices, instead of offering larger portions.

That could mean something as simple as restaurant owners describing the food in their menus more vividly, he said.

“It can encourage restaurants or marketers to propose smaller portion sizes and improve the sensory quality of their food.”

But Cornil stops short of saying this method can help people lose weight.

“At best, it can help people regulate their portion size intake and at best it will not make them gain weight.”

Cooking with Freddie Prinze Jr.

FOOD

Popular '90s actor welcomes you into his kitchen

If Freddie Prinze Jr. hadn't become a '90s heartthrob actor, he might have been a chef.

In his new cookbook, Back to the Kitchen, Prinze writes that he learned about cooking from his mom, who raised him alone. His father Freddie Prinze, a comedian and actor, died from a self-inflicted gunshot wound — ruled by courts to be accidental — when he was just 10 months old.

"When I graduated from high school and was getting ready move to California to follow in my father's footsteps and take over the family business (acting!), my mom had encouraged (insisted!) that I attend cooking school as a backup plan," writes Prinze, 40, in the introduction.

He was set to attend Le Cordon Bleu College of Culinary Arts-Pasadena, when he landed an acting gig. He went on to star in films such as I Know What You Did Last Summer, She's All That and Scooby-Doo, skyrocketing to stardom.

In 2002, Prinze married actress Sarah Michelle Gellar, best known for her lead role in the Buffy the Vampire Slayer TV series. After the birth of the couple's two children, Charlotte, now 5, and Rocky, 3, his leading role became stay-at-home dad — and family chef.

"I know I've been entirely spoiled having Freddie in my kitchen for the last 15 years," writes Gellar in the foreword to the cookbook. "I can honestly tell you I have, more than once, sampled every meal in this book."

Back to the Kitchen is co-written with food writer Rachel Wharton. TORSTAR NEWS SERVICE

> **The 'Try It Ten Times' rule ... is always in effect in my house. Or ... just serve this and lie.**
> Freddie Prinze Jr. on zucchini

Freddie Prinze Jr. with his wife Sarah Michelle Gellar, and kids Charlotte and Rocky. COURTESY ELLEN SILVERMAN

RECIPE

Zucchini Parmigiana

Ingredients:

- 1 cup white flour
- 2 large eggs, beaten
- 1-1/2 cups bread crumbs
- 1 tsp sea salt
- 1 tsp ground black pepper
- 4 small zucchini
- 4 cups canola oil
- 3 cups marinara sauce
- 2-1/4 cups shredded cheese
- 2 cups fresh grated parmesan

Directions:

1. Line a baking sheet with wax paper and a second with paper towel. Place flour on a plate, eggs in shallow bowl, and bread crumbs mixed with salt and pepper on a plate.
2. Cut zucchini in halves lengthwise. Dredge zucchini pieces in flour, then dunk in eggs then roll in a layer of bread crumbs. Place on parchment lined baking sheet.
3. In a Dutch oven on the stovetop, heat 2 inches of oil over medium until it reaches 350 F. In batches of two, submerge zucchini in oil, until bread crumbs are golden brown, about 2 or 3 minutes.
4. Spread marinara sauce over bottom of a 9 X 13-inch baking pan. Lay zucchini side by side cut side up. Sprinkle cheese.
5. Bake at 350 F about 30 minutes. Let sit for 5 minutes.

TELEVISION

This show is like Love Actually

Hello Goodbye story producer Sara Basso describes her show like this: "Well, actually, it's kind of like the first couple minutes of Love Actually and the last few minutes of Love Actually."

Given that the airport scenes are the best parts of the mushy, multiple story-lined Hugh Grant romance, it's not a bad analogy.

So when psychotherapist Dale Curd walks up to you, be prepared to blubber. A lot. For Curd, Toronto's Pearson Airport just happens to be an extension of his examination room.

Curd, the host of the CBC Hello Goodbye, has gained celebrity from fans wanting to tell their stories on the show. Season 2 begins Oct. 21.

"We were completely anonymous last year and now it's really different with the attention we're getting," says Curd.

"When we first started shooting we were concerned about the reaction," says Curd, sitting in a chair at Pearson's Terminal 1 in the arrivals section. "Would Canadians, in a clichéd kind of way, be more closed off than, say, people in other parts of the world?"

It turns out they are. The rejection rate is about 85 per cent from the field producers who approach people in the terminal. That compares to an 85 per cent acceptance rate for the French-language version of the show that airs in Quebec.

Finding truth in the tears at an airport terminal. HANDOUT

This year, say producers, the themes are much more complex and coincide with the recent influx of refugees. Curd's interviews have been getting longer as they move into the back story.

Much of the heavy lifting is up to the psychotherapist, who still sees patients in his Yonge Street office in Toronto.

His questions have brevity, a lightness and elegance that is never judgmental. They are always about the interviewee, not the interviewer, something that personality-driven American TV could benefit from.

"In a really good conversation, the cameras disappear and we're just having a chat," says Curd. "Sometimes we become so engrossed the subject completely misses the person they came to pick up. I imagine I'm at a dinner table and I put something on a table and they take a bite. And then they put something on the table and I take a bite."

Husband and wife showrunners Andrea and Mitchell Gabourie produced a similar themed on the Oprah Winfrey Network: Life Story Project. Curd co-hosted, but that was on a signature purple couch, not at an airport.

"We can't figure what it is exactly," says Andrea Gabourie. "We just seem to cry a lot more in Terminal 3."

TORSTAR NEWS SERVICE

KIM KARDASHIAN WEST

Robbery 'a wake up call'

Khloe Kardashian is calling her sister's robbery in Paris "a wake up call for everybody" but is pushing back against criticism that Kim Kardashian West had been too public in displaying her wealth.

"Pulling back on social media I think is a personal choice ... No matter what you post or don't post ... That shouldn't give someone a reason to feel like they could do anything like that to you," she said in an interview Tuesday. "But we definitely are just being more aware and I think just making changes to our lives."

Armed robbers forced their way into West's hotel room, tied her up and locked her in a bathroom before making off with more than $10 million worth of jewelry.

Khloe Kardashian, 32, said the Oct. 3 robbery was "an incredibly traumatic experience for Kim and she's definitely taking some well needed and much deserved time off."

She said she isn't sure when Kardashian West, 35, would make another public appearance, but she batted down rumours that her sister would be leaving the family's reality series Keeping Up With the Kardashians.

Khloe Kardashian. GETTY IMAGES

Kardashian made the comments while promoting her new fall denim line Good American with co-designer Emma Grede.

She said she agreed to partner up with Grede to design the brand for the curvy woman. The jeans range in size from zero to 24.

"I was always body shamed, and that was something that was super important to me to really teach girls to love themselves and love their bodies," said Kardashian, who has publicly chronicled her issues with weight.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Flashback delivers the goods

THE SHOW: Scandal, S1, E6 (City/ABC/Netflix)
THE MOMENT: The Hot Flashback

In a flashback, we witness the moment Washington D.C. fixer Olivia Pope (Kerry Washington) and U.S. presidential candidate Fitzgerald Grant (Tony Goldwyn) fall in lust. He fired her because she called his marriage cold. Now he chases her down a hall to take it back.

"I am brilliant," she protests. "You would be lucky to have me. Just because you don't like hearing the truth about yourself –"

He cuts her off. "I loved hearing what you had to say," he murmurs. "I would be lucky to... have you." He gazes into her huge brown eyes. Time stops. He steps back.

"This is why you fired me," she pants.

Whoo-ey! Why hasn't anyone written about what delirious, ridiculous fun this series is?

I'm kidding, of course; I'm just extremely late to this party. To quote Geena Davis after Brad Pitt rocks her socks in Thelma and Louise: Now I understand what all the fuss is about.

Fitzgerald Grant (Tony Goldwyn) and Olivia Pope (Kerry Washington) in a flashback. HANDOUT

The white coat! The striding down corridors of power! The effortless way Pope's elite team breaks into any house/computer/office and finds exactly the right clue everyone else has missed!

Just when you're thinking, "Whatever began this lurking passion between Olivia and Fitz better be good" – bingo! A steamy sex scene arrives that delivers on every promise. Sure, it's lifted directly from Steven Soderbergh's film Out of Sight. But it's so stuffed with hungry gazing and bosom-heaving that no one cares.

No wonder ABC simply hands all their money to series creator Shonda Rhimes. I would, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

THE FIRST LADY'S STYLE

Michelle Obama shines in Versace for final dinner

Michelle Obama dazzled at her final state dinner as first lady, wearing a figure-hugging, floor-length rose gold chainmail gown.

She chose Italian label Atelier Versace for the White House dinner honouring Italian Prime Minister Matteo Renzi and his wife, Agnese Landini. Mrs. Obama has a tradition of wearing dresses to state dinners by designers representing the nation being honoured.

The sleeveless gown showcased the first lady's famously sculpted arms and its draped design highlighted her figure. She enhanced the disco vibe of the sparkly dress with sleek, straight hair and side-swept bangs.

THE ASSOCIATED PRESS

NBC

Sunday Night Football ratings score low

NBC's flagship Sunday Night Football game had its smallest audience in five years this week, evidence of the NFL's new deflation issue.

The game between Indianapolis and Houston reached 13.6 million viewers, removing the weekly broadcast from its usual spot at or very close to the top of the Nielsen company ratings. CBS' Thursday night game scored slightly higher.

To be fair, Indianapolis and Houston represents few fans' idea of a marquee matchup. NFL ratings have been down in general this year, leading to much speculation about the cause. Intense interest in the presidential race is thought to be one factor in the slump.

This season, NBC's primetime games have been down 17 per cent from last year, when ratings were at their peak for the telecast.

A continued slump for the NFL, which has been one of the most dependable ways for TV networks to get viewers in recent years, has broad implications. Networks may be forced to offer "make goods," or free commercials, to advertisers if ratings don't pick up. If the downfall is long term, it could impact the prices that networks pay the NFL for broadcast packages.

CBS won the week in prime time, averaging 9.1 million viewers. NBC had 7.2 million, and won among the 18-to-49-year-old demographic advertisers seek. ABC had 5.8 million, Fox had 5.1 million, Telemundo had 1.72 million, Univision had 1.66 million, the CW had 1.6 million and ION Television had 1.1 million.

Fox News Channel was the week's most popular cable network, averaging 2.44 million viewers in prime time. TBS had 2.23 million, ESPN had 1.99 million, MSNBC had 1.55 million and USA had 1.5 million.

ABC's World News Tonight topped the evening newscasts with an average of 8.3 million viewers. NBC's Nightly News had 8 million and the CBS Evening News reached 6.6 million.

THE ASSOCIATED PRESS

Cohen proves he's Godfather of Goth

MUSIC

New album amounts to a long, longing goodbye

Ben Rayner
Torstar News Service

The title of Leonard Cohen's 14th studio album could be a wry challenge to the Montreal poet, singer and songwriter's many acolytes, all of whom have obviously required a healthy appetite for the shadows to stick with him for all these years.

In his own, elegant way, Cohen is kind of the Godfather of Goth.

Cohen has always liked it dark, then, but he makes good on his promise to go one darker here.

At 82, he makes it clear from the outset of this sombre, subtle winter-years dispatch that the darkness with which You Want it Darker is preoccupied is the ultimate dimming of life's light.

"If you are the dealer / I'm out of the game," he proclaims on the opening title track. "You want it darker? / We kill the flame … I'm ready, my lord."

There's plenty of fodder for morbid thoughts to follow, too.

"I'm angry and I'm tired all the time," he wheezes on Treaty, sounding genuinely tired.

"I'm leaving the table / I'm out of the game / I don't know the people / In your picture frame," proclaims Leaving the Table.

"I used to play a mean guitar," he sighs on Traveling Light. "Goodnight, goodnight."

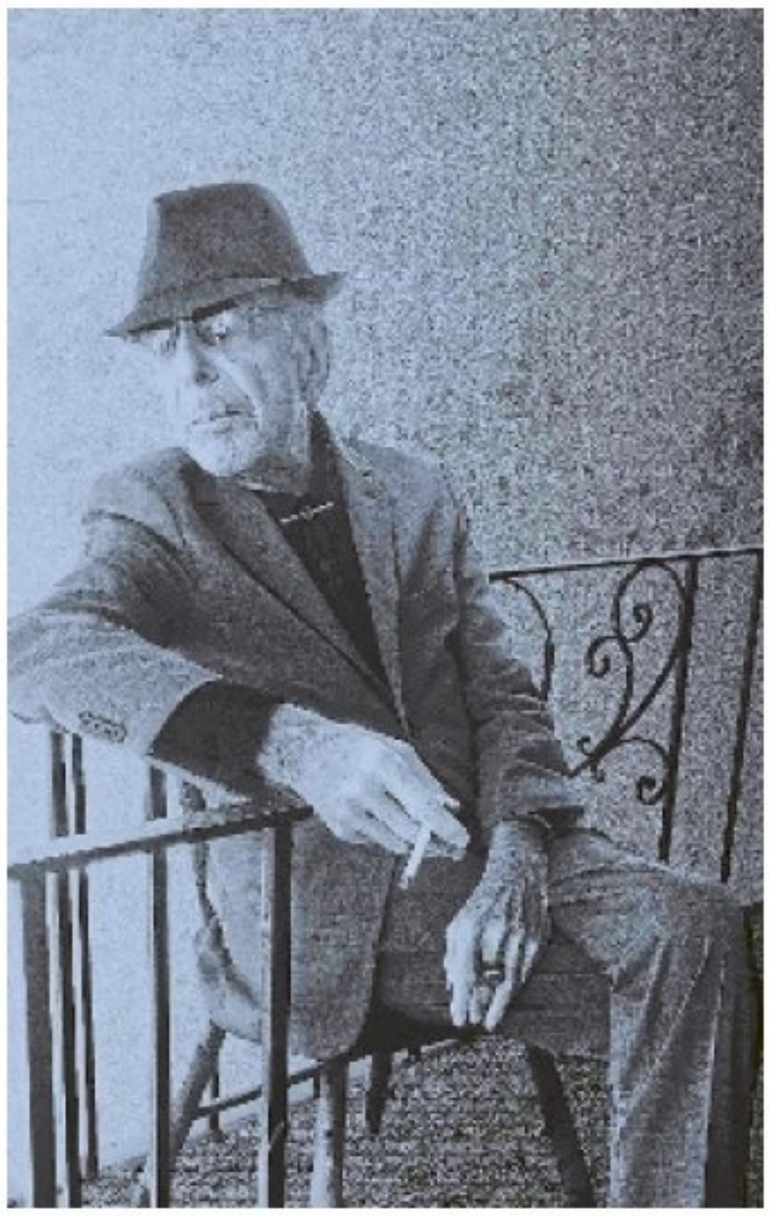
Steer Your Way, meanwhile, opens what might be an interrogation of religion's dead ends with the lines: "Seemed the better way/ When first I heard him speak / But now it's much too late / To turn the other cheek."

So, yes, even if the sentiment is premature, You Want it Darker amounts to a long, longing goodbye seemingly delivered from the edge of a great precipice. Don't get so caught up in the lyric sheet that you miss what a lovely work of music this record also is, however.

Respectfully produced by son Adam Cohen with help from longtime Leonard collaborator Patrick Leonard, You Want it Darker takes its minimalist cues from the classic corners of the Cohen canon, putting just enough of an unobtrusive, modern sheen on the proceedings to situate them firmly in the 21st century.

Cohen's voice is rightly way out in front here, as grainy and sepulchral and peculiarly expressive within its limited range as it's ever been. It, thus, takes a couple of spins to realize just how much depth and detail there lurks in the ominous accompaniment — mournful organ chords, hummed chorales, brushed snares, gently nudging, ever-so-snaky basslines, flickers of doo-wop, country and gospel — creeping behind it. And it does indeed creep; You Want it Darker observes the same funereal pace throughout, yet consistently finds new ways to inject variety into that rigorous template.

The longer you spend with it, the deeper it gets. And oddly enough, too, the longer you spend with it, the less dark You Want it Darker feels. This is the sound of a man at peace with whatever may come. We should all aspire to go out on such a graceful note.



Leonard Cohen seems to be preparing us for his imminent departure from this world on his new album, You Want it Darker. CONTRIBUTED

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THE GATES

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Project overview

The Gates condominiums are set within stunning landscape in Calgary's desirable community of Quarry Park, which provides a park-like setting with a multitude of amenities and recreational opportunities.

Housing amenities

This project features underground parking, bike storage and storage lockers for all residents as well as beautiful landscaped grounds for everyone to enjoy. Access to a nearby 50-acre natural reserve along the Bow River is the icing on the cake.

Location and transit

Quarry Park is conveniently located along the BRT bus route 302 to downtown and there is a future LRT stop planned for the Green Line. Quarry Park also features quick access to Glenmore Trail and Deerfoot Trail as well.

In the neighbourhood

With The Quarry Park Market just a five minute drive away, there is access to loads of restaurants, grocery stores and coffee shops including Co-Op grocery and liquor, Starbucks, Original Joes, The Park and so much more.

KRISTA SYLVESTER/FOR METRO

NEED TO KNOW

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Architect: IBI
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Building: Three-storey wood frame building with stucco and stone exterior, 32 units
Sizes: 770 to 1100 sq. ft.
Pricing: One bed from $290,000, two bed from $360,000
Status: Immediate possession
Sales Centre: 350 Quarry Park Blvd. S.E.
Hours: Mon. to Thurs. 12 p.m. to 8 p.m., Fri. to Sun. 12 p.m. to 5 p.m.
Email: info@remingtoncorp.com

REAL ESTATE

What's hot on the market

1 REGISTER TODAY

Brooklyn Townhomes by Trico Communities: With the Sales Centre set to open this year, people are encouraged to register now for this exciting upcoming project that will be located along 14 St. S.W. between 26th Ave. and 17th Ave. S.W.

2 STILL SELLING

Avenue by Grosvenor and Cressey Development Group: As construction on these Riverside homes with views in the west end wrap up, so does the sales but there is still a chance to own one of the beautiful homes starting at $330,000. The presentation centre and two display suites are located at 1037 5th Ave. S.W.

3 NOW SELLING

GLAS by Avalon: Don't miss your chance to see what GLAS has to offer with one-bedroom, two-bedroom and three-bedroom units close to the eclectic lifestyle of Marda Loop. Check out the Presentation Centre at 203, 2717 – 17th St. S.W.

KRISTA SYLVESTER/FOR METRO

COLOURS

Don't be intimidated by the boldness of black

Glen Peloso
For Torstar News Service

Let's face it — every colour suffers a little from black envy.

A discussion of colour will eventually conjure up the comment that something has become "the new black." However, there's never a replacement needed. Black is an extraordinary colour, or lack thereof, which requires no new version and is, essentially, needed in every room design in one way, shape or form.

Here are some great ways to introduce an element of this classic tone into your space, ranging from the subtle to the dramatic:

Walls

People are often frightened by the suggestion of a black wall colour or wallpaper. Typically, people associate black with darkness. Conversely, we like to think of it as a rich, deep colour. From a design perspective, darkness refers to poor light levels that can be rectified relatively easily. Black walls make for a dramatic room and works well with mixed metals. The effect is a dramatic, high-design room.

Trim

The standard look is coloured walls and white trim. The white is usually a builder's easy choice, as the trim stock comes with a white "primer" already applied. But that doesn't make it the only choice. The one rule of trim is it should be a consistent colour throughout the house. Black trim can look brilliant, similar to a kohl eyeliner, framing the walls and the room.

Furniture

Black is an amazing colour for upholstered furniture and pieces that are a combination of fabric and wood frames. Traditional pieces, such as a Louis IV or bergère chair, can be wonderfully updated by painting its frames black to feature the silhouettes of the extraordinary designs.

Accents

Not everyone is prepared to go with — or is comfortable with the drama of — black. It does require more attention and maintenance, largely because things such as dust and dirt particles show up more vividly on black. The colour can be used beautifully in details such as backsplashes, lamp shades and wrought iron, or sometimes just in the piping detail on a sofa or chair.

Glen Peloso is principal designer of Peloso Alexander Interiors and national design editor of Canadian Home Trends magazine.

+ ACCESSORIES

Every room needs some elements of black, even in a beach house purposely layered in whites. Once you open your mind to it, the possibilities are endless: from black wall clocks to umbrella stands, statues, vases, trays, floor mats, toss cushions and so on. Black can act either as a visual break from colour, like a rest in music, or as a focal point in a room.

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A craft screaming cute, not scary

These black birds are in keeping with the Halloween spirit without being creepy. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

DIY

Because not everyone likes being terrified or grossed out

Not everyone loves a spooky Halloween. Sometimes the scary skeletons and bloody limbs can be too macabre for the littlest trick or treaters.

Here are two not-so-spooky Halloween ideas that are more fun and festive rather than creepy and terrifying.

More adorable than frightful, these DIYs are a playful take on Halloween and are (mostly) made from items you probably have around your house.

The birds

Turn a dark and eerie flock of dollar-store birds into a festive little gathering of feathered friends. Just add party hats and these birds are ready for some Halloween shenanigans.

You'll need:
- Fake birds
- Decorative paper
- Miniature pom poms
- Glue gun
- Double sided tape (optional)

To make a party hat, make a cone shape out of decorative paper, using glue or double-sided tape to hold the cone together.

Glue the pom pom to the tip of the hat. Let dry. Apply a thin layer of hot glue to the bottom edge of the cone. Place the cone on the bird's head. Let dry.

A no-carve painted pumpkin menagerie

Woodland creatures make adorable, unconventional pumpkins. All that's required is paint, felt and your imagination to turn pumpkins of any size into a darling menagerie. We created a fox, owl, raccoon and bat.

You'll need:
- You'll need:
- Pumpkins
- Acrylic paint
- Paintbrush
- Felt
- Scissors
- Craft paper
- Glue gun

To make the fox, paint a face on the pumpkin. Use scissors to cut out the shapes of the ears and tail, and then add accents with paint. Let dry.

Use a glue gun to attach the paper ears and tail to the pumpkin.

To make the owl, paint a white face on the pumpkin. Using felt cut out circles for the eyes and a triangle for the nose. Attach felt pieces using a glue gun.

For the bat, paint the pumpkin using grey paint. Let dry. Cut out a set of wings, eyes, mouth and fangs using felt. Add accents to the eyes and fangs with paint. Use a glue gun to attach the pieces of felt to the pumpkin.

To make the raccoon, paint the pumpkin grey. Let dry. Cut out a pair of ears, eyes and a nose from felt. Cut out a tail from paper. Add accents to the felt and paper using paint. Use a glue gun to attach the pieces to the pumpkin.

TORSTAR NEWS SERVICE

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Get outta here, glimmer! It's matte's turn to shine

TRENDS

Finish plays off mid-century furniture well

Take a look through the fall decor catalogues or browse the aisles of furnishings stores and you'll see a recurring theme: matte finishes.

"Matte is having a moment right now," says Donna Garlough, Joss & Main's style director. "Especially in white, black, chalky greys and pastels. It works because accents and lighting in a matte finish pair so naturally with some of the furniture trends we're seeing."

The velvety, non-glossy sheens offset the natural walnut tones and satiny surface of mid-century wood furniture. And they offer a dramatic contrast to glam elements like burnished and polished metals, clear acrylic, and high- and medium-nap textiles.

"A matte piece can be very grounding, and neutralize the look," Garlough says.

Manufacturers are using a range of techniques, like lime washes, eggshell paints, powder-coating and ceramic firing. When honed instead of highly polished, marble, stone and other materials develop a soft matte glow.

Spanish design shop Mermelada Estudio's spare, linear Alchemy bed frame at CB2, in matte black, is a backdrop for linens of any style. Joss & Main's Elizabeth floor lamp is cast in matte black steel, giving its slim profile a bit of an industrial look.

Lumisource's matte black Austin dining chairs also have an industrial vibe, and would complement a rustic farm table. Or you could pair them with a dining table with mid-century panache, like the Aeon, a satin-finished ash slab on matte, powder-coated steel legs.

Pottery looks especially chic in matte finishes. Check out CB2's Roz planter in cream or deep taupe, as well as the Hendricks vase, with a crisp, white, faceted motif.

Room and Board has an exclusive collection of porcelain vases crafted by New York's KleinReid Studio, based on Hungarian ceramicist Eva Zeisel's modernist designs. Her curvy vessels, rendered in matte grey, carbon and ivory, might adorn a tablescape or mantel.

At Hive Modern, Swedish designer Clara von Zweigbergk's Cirque pendant lamps were inspired by her trip to Copenhagen's Tivoli district. Bands of spun aluminum in matte hues suggest playful carousels, cotton candy makers and wheels of fortune. Jean-Marie Massaud's Namaste free-form melamine plates resemble flat stones, and come in earthy hues. The geologic vibe is echoed in Patricia Urquiola's Phoenix coffee tables, a series of honed, low-slung laminate or wood veneer slabs perched on matte steel bases. The trend has found its way into the kitchen, too.

Both GE and BlueStar offer ranges in matte slate finishes. Brizo has a sleek, matte-finished faucet in white or black. Williams-Sonoma has a dramatic suite of matte black Le Creuset cookware in its fall collection. Canvas Home's Madrid cutlery is ebony steel and titanium. For crafty decorators, the new matte spray paints can be fun to experiment with, says Garlough.

"You can paint anything with it, and I do mean anything," she says. "I've seen stylists paint everything from an old telephone to an eggplant and turn it into an objet d'art. It's crazy how cool you can make something look with a coat of matte paint." THE ASSOCIATED PRESS

These neutral-hued pieces on trend as matte finishes emerge strongly in fall collections. Left: Swedish designer Clara von Zweigbergk's Cirque pendant light. ALL PHOTOS HANDOUT

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Cosy up with new carpeting

The chill of fall is in the air and Calgarians are retreating to their homes, taking solace in all things warm and comfortable.

If you're looking for a way to make your home cosier this winter, putting in new carpeting is a great option.

Calgary Flooring Designs is the place to start your search. Their gallery features one of the largest selections of quality flooring in the city, with many different kinds of carpeting available at a wide range of price points, to suit every budget. The gallery carries a variety of carpeting in nylon, polyester, wool and more.

The Calgary Flooring Designs gallery also carries hardwood, engineered hardwood, laminate, tiles.

"You can do your whole house in carpet to create a lush, cosy feel, or you can just add new carpet in the bedrooms to create a warm surface underfoot when you wake up in the morning," says Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary.

When you're buying new carpets, proper installation is just as important as picking the right style and colour.

Charles Sangster, co-owner of Calgary Flooring designs has been installing flooring for more than 35 years, and he specializes in carpeting.

Look to Calgary Flooring Designs to find your dream carpet this winter.

Calgary Flooring Designs is located at 105G 58 Ave SE in Calgary.

ISTOCK

metro SPORTS

Despite 19 C temperatures, MLB decided to keep the Rogers Centre roof closed for Game 5 to have "even conditions for everybody"

The Jays' emotional end

Bruce Arthur

Fast forward to the end, to the beginning. In the last inning of this Toronto Blue Jays season we got one last look at the heart of it all. Jose Bautista. Josh Donaldson. Edwin Encarnacion. This was the last stand. The crowd stood and they chanted for them: "Jose, Jose-Jose-Jose!" "M-V-P! M-V-P!" "Ed-die! Ed-die!"

That moment meant something. It all did.

"The thing I feel really proud of is the fans chanting my name," said Encarnacion after the Jays lost 3-0 to Cleveland, and lost the American League Championship Series 4-1. "Maybe that gave me too much energy, trying to do too much, and it didn't work out."

These past two years have been emotional. For over two decades the Blue Jays were the picture of mediocrity. They didn't really matter. Then last season they rocketed to within two games of the World Series. They took this town and this country on a ride.

This year was stranger, with a new front office and an uncertain future.

They scratched and clawed their way to Cleveland which had two starting pitchers. Cleveland started Ryan Merritt Wednesday, a 24-year-old who had thrown 11 big-league innings before shutting out Toronto for 4-1/3. Cleveland scored 12 runs in five games and won the series.

"This is one of those things where we'll always look back and wonder what if?" said designated hitter Michael Saunders. He is a free agent, along with Bautista and Encarnacion. But the latter two big bats are the topic of the moment.

GAME 5 In Toronto

3 C 0 TORONTO BLUE JAYS

"Do I wish that they'd come back? Of course, man. These guys are awesome," said catcher Russell Martin.

The 33-year-old Encarnacion reiterated Toronto is his first choice.

"To be honest, I'm really sad, because I don't know what's going to happen next," Encarnacion said through his translator Josue Peley. "But overall I feel really proud about the fans and the organization."

He might be back. Bautista did not want to discuss his future on his 36th birthday. He ripped a stand-up double down the line against Cleveland closer Cody Allen in the ninth, but Donaldson, who hit .417 in the post-season, struck out on three pitches. Encarnacion came to the plate, heard the sound, and the emotion welled in him as he struck out.

Troy Tulowitzki popped out to end it. Bautista didn't get as emotional as Edwin — he has never been — but he heard them chanting.

"That was nice to see," said Bautista. "It's great. I used to see specks of it here and there on Opening Days and Canada Days, and you knew the potential was there, but nobody wants to root for a loser. Obviously, now that we're playing better, it's to be expected from our fans."

Last season, the Jays fell in Kansas City, and they were angry. This time, it was just over.

We will now find out what kind of vision and creativity and ambition Mark Shapiro has. Can he sign Edwin? Can he replace Jose? Will it be better, or more fun? Who knows?

But we'll always look back with fondness on the Jays teams that made people care again, that brought out so much emotion. It was nice, you know. It was nice when this franchise finally tried to do too much.

Bruce Arthur is a sports columnist with the Toronto Star

Jose Bautista consoles Edwin Encarnacion after the Blue Jays were dealt a death blow by Cleveland on Wednesday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

NHL

Laine outshines top pick Matthews

Rookie Patrik Laine scored a hat trick, including the winner at 2:40 of overtime, as the Winnipeg Jets overcame a four-goal deficit on Wednesday to beat the Toronto Maple Leafs 5-4.

Laine scored the winner right after Leafs rookie Auston Matthews was stopped by Winnipeg goaltender Michael Hutchinson at the other end of the ice.

Laine's hat trick gives him four goals and one assist in four games so far this season.

THE CANADIAN PRESS

Patrik Laine's third goal on Wednesday earned the Jets an overtime victory.

JOHN WOODS/THE CANADIAN PRESS

IN BRIEF

UFC lays off Canadian staff ahead of Toronto card

The Ultimate Fighting Championship laid off several employees from its Canadian office Wednesday morning, including president of Canadian operations Tom Wright.

Reached at his office, Wright confirmed he was no longer with the UFC but couldn't comment further.

The move comes seven weeks before UFC 206, the organization's first Toronto event in more than three years. TORSTAR NEWS SERVICE

Ticats star suspended

The Hamilton Tiger-Cats will be without star receiver/kick-returner Brandon Banks for their crucial East Division showdown Friday night with the Ottawa Redblacks.

Banks was suspended for two games Wednesday for violating the CFL's drug policy. According to the league, Banks tested positive for methylenedioxyamphetamine, a psychedelic hallucinogenic drug also known as MDA.

THE CANADIAN PRESS

CFL

Stamps dump pistol patch on jerseys

The Calgary Stampeders will cover the pistol patch that's on the shoulder of their alternate jersey for the rest of the season to honour former player Mylan Hicks.

Hicks, 23, was fatally shot outside a Calgary club Sept. 25.

The shoulder patch features crossed pistols.

Calgary will be wearing the modified version of its black alternate jersey for its remaining home games this year.

> **We will review all options in regards to potential changes to the design of the jersey.**
>
> John Hufnagel

Nelson Lugela, 19, has been charged with second-degree murder in Hicks's feath. He's currently awaiting trial.

THE CANADIAN PRESS

Bradford unfazed by visiting Philadelphia

NFL

QB traded by Eagles has kept Vikings perfect through 5 games

Sam Bradford visits his former Eagles teammates in Philadelphia this weekend.
GRANT HALVERSON/GETTY IMAGES

The competitive environment of the NFL and plain old human nature usually trigger an extra injection of motivation for players facing their former teams.

That's particularly true after they've been traded or released.

Sam Bradford has no reason to be insecure about playing at Philadelphia this weekend. His new team in Minnesota has the last perfect record left in the league, and some of the best performances of his seven-year career have been on display over four starts with the Vikings.

"My approach is just try to keep it as normal as possible this week. I think I owe it to all of the guys in our locker room to not try and do anything special, not try to do anything extra," Bradford said. "When you get caught up with things outside of football, that's when things can go wrong."

The Vikings (5-0) paid a steep price for Bradford on Sept. 3. They sent their 2017 first-round pick and a 2018 selection that will range from the second to the fourth round to the Eagles four days after original quarterback Teddy Bridgewater went down with a massive knee injury.

The return on the deal couldn't have better so far, with Bradford leading the NFL with a 70.4 completion percentage, ranking second with a 109.8 passer rating, and taking his first 249 snaps without a turnover.

"It's like when you go to a new job, the first day you don't know anybody, you've got to learn everything," Vikings coach Mike Zimmer said. "The protections are different, the terminology is different, the combinations, the players are different. ... For him to be able to do the things he's done, I think he's done a great job."

> When you get caught up with things outside of football, that's when things can go wrong.
> Sam Bradford on facing his old team Philadelphia.

The success hasn't exactly caught the Eagles (3-2) by surprise. They were prepared to hand Bradford the keys to the offence for the second straight season, planning to sit rookie Carson Wentz for the whole year. Then the Vikings made the emergency call to try to keep their Super Bowl goal on track.

"I felt Sam was in a great spot with us offensively and was set to have a good season, and I wasn't going to disrupt that if I didn't have to," new Eagles coach Doug Pederson said, echoing Bradford.

"I was really excited about the year there," Bradford said. "I felt like I had a really good spring."

Pederson, a quarterback himself who lasted 12 seasons in the league and was hired to replace Chip Kelly, had a mere seven and a half months with Bradford, without any meaningful games. That was still enough time for a strong impression to be made.

"He's smart. He makes good, accurate throws. He's tough to defend that way," Pederson said. "I've always said this as a former quarterback: It's hard to defend the perfect pass, and he knows how to throw the perfect pass."

Skepticism has trailed Bradford since St. Louis took him in 2010 with the first overall draft pick, and two major knee injuries didn't help his profile. He finished 2015 on a relatively strong note, though, as he distanced himself from the one-year anniversary of his most recent ACL reconstruction.

"This is the first full off-season that he's been healthy and he's been able to get in the weight room and he's been able to get stronger," Pederson said.

When the Eagles took Wentz with the second selection in the draft, Bradford became an obvious short-timer even if he were to play the whole year with Philadelphia. Wentz has started his career in impressive fashion, making this matchup all the more intriguing even if the principals aren't buying it.

THE ASSOCIATED PRESS

NBA

Knicks' Rose cleared of raping ex-girlfriend

Jurors cleared NBA star Derrick Rose and two friends Wednesday in a lawsuit that accused them of gang raping his ex-girlfriend when she was incapacitated from drugs or alcohol.

The jury reached the verdict in federal court in Los Angeles after hearing dramatically different accounts of the August 2013 sexual encounter. New York Knicks point guard Rose says he's thankful that the jury rejected the lawsuit. He said in a statement to The Associated Press that it was important to prove he did not do what he was accused of, even though he had to share private details of his personal life.

"I am thankful that the jury understood and agreed with me," his statement said. "I am ready to put this behind me and focus on my family and career."

Jurors later posed for photographs with Rose one at a time in the courthouse lobby.

One of the two men among the eight jurors who identified himself only by his first name and age, Jared, 25, said the panel tried to look at the case in the plaintiff's favour, but in the end could not believe her and felt her tears were not genuine. "It felt like she was playing us," he said.

Derrick Rose leaving court in LA. THE ASSOCIATED PRESS

Neither side denied the three men had sex with the woman, but the issue was whether she consented or was too intoxicated to do so. Defence lawyers tarred the woman as a liar who tried to sway jurors through her tears to get at Rose's fortune. They claimed she was angry he had dumped her and she set him up and brought the lawsuit in hopes of a big payoff.

The woman, who became emotional and trembled while testifying, had sought $21.5 million when she filed the suit.

The woman's lawyer called the men "sexual deviants" and says they conspired to gang rape her after she was drunk and incapable of consenting to sex.

THE ASSOCIATED PRESS

IN BRIEF

Nash's full court press on fitness clubs using his name

Former basketball superstar Steve Nash is seeking a court order banning the use of his name or image on nearly two dozen fitness clubs in British Columbia.

Nash says in a civil lawsuit filed in B.C. Supreme Court that SNFW fitness has operated facilities since October 2014 under the name Steve Nash Fitness World without compensating his own company. THE CANADIAN PRESS

Messi easily tricks Man City

Lionel Messi scored a hat trick to deal a humbling defeat to his former mentor Pep Guardiola on Wednesday, leading Barcelona to an emphatic 4-0 victory over Manchester City in the Champions League.

Messi struck in the 17th, 61st and 69th minutes in which both teams finished with 10 men. The Argentine now has 89 goals in Europe's top club competition.

THE ASSOCIATED PRESS

Davis may play unlikely part in oldest rivalry

The outlook for Knile Davis' season changed with a late-night phone call.

On Tuesday, the running back was buried on the Kansas City Chiefs' depth chart. By Thursday night, Davis could be a very important player in the backfield for the Green Bay Packers when they host the Chicago Bears in the 193rd meeting of the NFL's oldest rivalry.

Injuries have hit the running back position for Green Bay, a troubling development for an offence that is also struggling to get consistency from the Aaron Rodgers-led passing attack.

Enter Davis, a fourth-stringer with Kansas City who found out late Monday night that he had been dealt to the Packers for a conditional draft pick. Soon enough, Davis could be taking handoffs from Rodgers.

"He can get the ball out, and then you know we've got to run the ball to keep them off of him. So it's a good balance," Davis said.

It is how it's supposed to work when the Packers (3-2) are clicking. The past two games, though, hard-charging back Eddie Lacy and the rushing attack have showed more consistency than the passing game. But Lacy has a left ankle injury. Backup James Starks has already been ruled out with a knee injury.

> **We've got to improve individually so collectively we can get back on track.**
> Green Bay QB Aaron Rodgers

"We all have a part in it, and we've all got to improve individually so collectively we can get back on the right track and start playing a little bit more consistently," Rodgers said.

By yardage alone, the Bears' offence is humming compared to the Packers. They're seventh in total offence (375.2 yards per game) and fourth in passing (284.2 yards), with Brian Hoyer having started the past four games with Jay Cutler sidelined by a thumb injury.

But the yardage hasn't led to a lot of points. Chicago (1-5) is among the lowest in the league in scoring at 16.8 points a game.

This might be the game in which the Bears can take chances deep to open up the offence, especially with Green Bay riddled with injuries at cornerback.

THE ASSOCIATED PRESS

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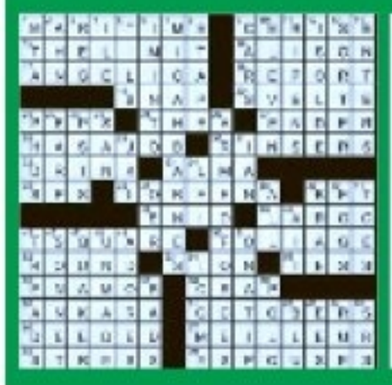

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5	9	8	1	7	2	4	3	6
3	2	6	5	4	9	7	1	8
4	3	2	9	5	8	6	7	1
9	8	5	7	6	1	2	4	3
6	1	7	3	2	4	8	9	5

for more fun and games go to metronews.ca/games

RECIPE Tuna Casserole

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love food classics and a tuna casserole tops the list, as it's equal parts easy and comforting.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients
- 500g package of whole wheat penne or macaroni
- 1 Tbsp olive oil
- 3 cups cremini mushrooms, thinly sliced
- 1 leek, cleaned well and thinly sliced
- 3 Tbsp flour
- 2 cups milk
- 1 Tbsp Dijon mustard
- 1 cup frozen peas
- 1 Tbsp dried thyme
- 3 cans good quality tuna, drained and rinsed
- 1 1/2 cups Gruyere, grated

Directions

1. Cook pasta 2 minutes less than package instructions and drain.

2. In a large pan with olive oil, sauté mushroom and leeks until they begin to soften, about 5 minutes. Sprinkle flour over mushrooms and leeks, stir and cook for 1 minute. Whisk in milk and allow to thicken, 3 to 5 minutes. Stir in mustard and season with salt and pepper after tasting. Add the tuna, frozen peas and thyme.

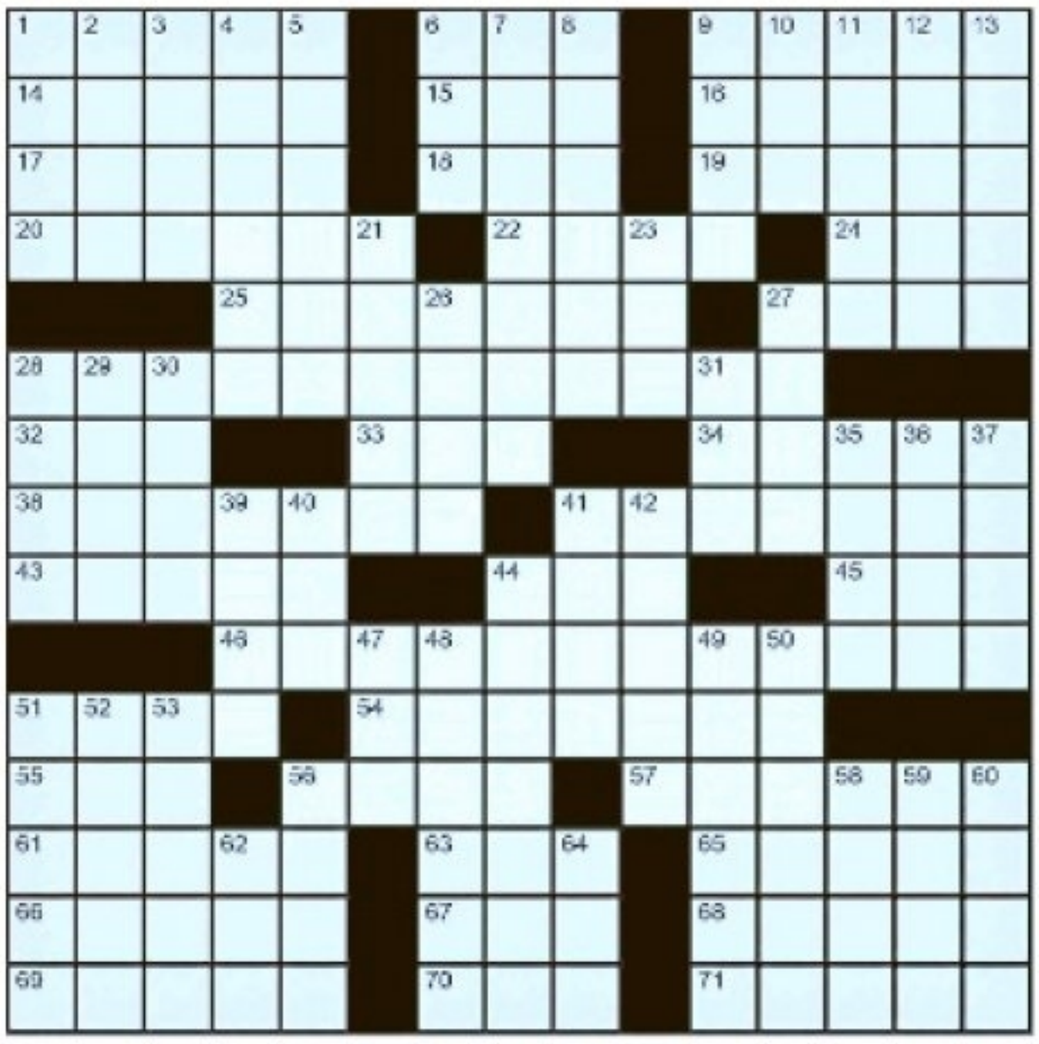
3. Add cooked pasta to the tuna mixture, stir and turn off heat.

4. Pour the mixture into a casserole. Sprinkle cheese over top and pop into the oven and broil for 3 to 5 minutes or until the cheese bubbles and turns brown.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Symbolic pole
6. Stealing bird
9. Jumbo
14. Windy City airport
15. Tavern stock
16. Arm joint
17. Greased
18. Prior
19. Unaccompanied
20. Chekov's portrayer on "Star Trek", Walter __
22. Ended
24. 1960s singer Bobby
25. NOAA... US agcy. that tracks hurricanes, National __ and Atmospheric Administration
27. Taken back [abbr.]
28. Hit by 2016 CMT Artist of a Lifetime honouree Shania Twain that goes: "He can have a '55 Chevy / Or a fancy little pick-up truck...": 4 wds.
32. Bird of Minerva
33. Circular mug part
34. Greek mythology shield
38. Invalidated
41. Box-opening woman of ancient Greek myth
43. Jack-in-the-deck
44. Heel
45. Impede, __ down
46. Shania Twain hit that goes "And I can be late for a date that's fine...": 4 wds.
51. "Piano Man" Billy
54. Tony Orlando's forest favourite: 2 wds.
55. &
56. Lodging of lore
57. Not wide
61. Violinist Mr. Stern
63. Ms. Thurman
65. Gradient
66. Release: 2 wds.
67. '_' _ for Alberta
68. Breakfast cereal brand
69. Jan __ (Dutch painter)
70. Caesar's 61
71. Hold off

DOWN
1. Selected
2. Toledo's locale
3. Narrative
4. Prior to this time, poetically
5. Renaissance family of influence
6. Chip __
7. RCMP, for one
8. Beetle sort
9. Equipment
10. __-defined
11. Overhead
12. Musical group of nine
13. Fall fashions fabric
21. Style of song
23. Green
26. In the thick of
27. Marsh plant
28. Part of NYC
29. Luke's actor brother
30. Sea lettuce
31. Vehicle variety
35. Mongolian desert
36. Atomic Number 26
37. __ advice
39. Shape of Rachael Ray's pot she uses to cook spaghetti noodles
40. Barbie and __
41. Out-of-breath runner's reaction
42. Decorate
44. Betty Crocker product: 2 wds.
47. Poetically far
48. User's reference
49. Banquets
50. Bordeaux grape/wine
51. Law enforcement lock ups
52. Beginning
53. _-_ (Online appointment, say)
56. Computer symbol
58. Movies composer Nino
59. October birthstone
60. Healthy
62. Time period
64. "__ recall..."

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do everything you can to avoid family arguments today, because they will be aggressive and nasty. Forewarned is forearmed..

Taurus April 21 - May 21
People are argumentative today. However, it mostly will be a battle of egos. You don't need to get involved in this. Save your breath and your peace of mind.

Gemini May 22 - June 21
Disputes about money or possessions might arise today. This is a poor day to engage in these discussions, because there will be a lot of conflict and nothing will be resolved.

Cancer June 22 - July 23
Avoid bullies today. This is the kind of day where someone wants to throw his or her weight around. Be particularly patient with partners and close friends.

Leo July 24 - Aug. 23
Someone behind the scenes might be working against your best interests today. If you think something fishy is going on — it is! Watch your step.

Virgo Aug. 24 - Sept. 23
You might have an argument with a friend today, especially a female friend. Or you might have a disagreement with anyone. Try to postpone these discussions for another day.

Libra Sept. 24 - Oct. 23
Quarrels with authority figures — bosses, parents, teachers, VIPs and the police — will not be pleasant today. Knowing this ahead of time, you can skirt this. Give your boss a wide berth.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will turn nasty. You don't need this. Take the high road and ignore these conversations.

Sagittarius Nov. 23 - Dec. 21
Don't be tempted to debate about shared property, inheritances, taxes and debt today. This is a poor day for arguments because people just want to fight. Yikes!

Capricorn Dec. 22 - Jan. 20
Today the Moon is opposite your sign, which means you have to go more than halfway when dealing with others. The minute trouble starts, be ready to compromise.

Aquarius Jan. 21 - Feb. 19
Relations with co-workers will be testy today. Don't make an issue about anything. Sometimes you have to lose a battle to win the war.

Pisces
Feb. 20 - March 20
Parents must be patient with kids today. Hissy fits and meltdowns are par for the course. Everyone has frayed tempers today. Easy does it. Demonstrate grace under pressure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			8		3			

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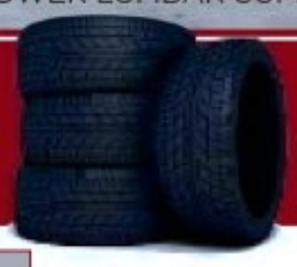
PLUS!  WINTER READY PACKAGE WINTER TIRES FLOOR MATS SNOW BRUSH & CHAP STIK!*

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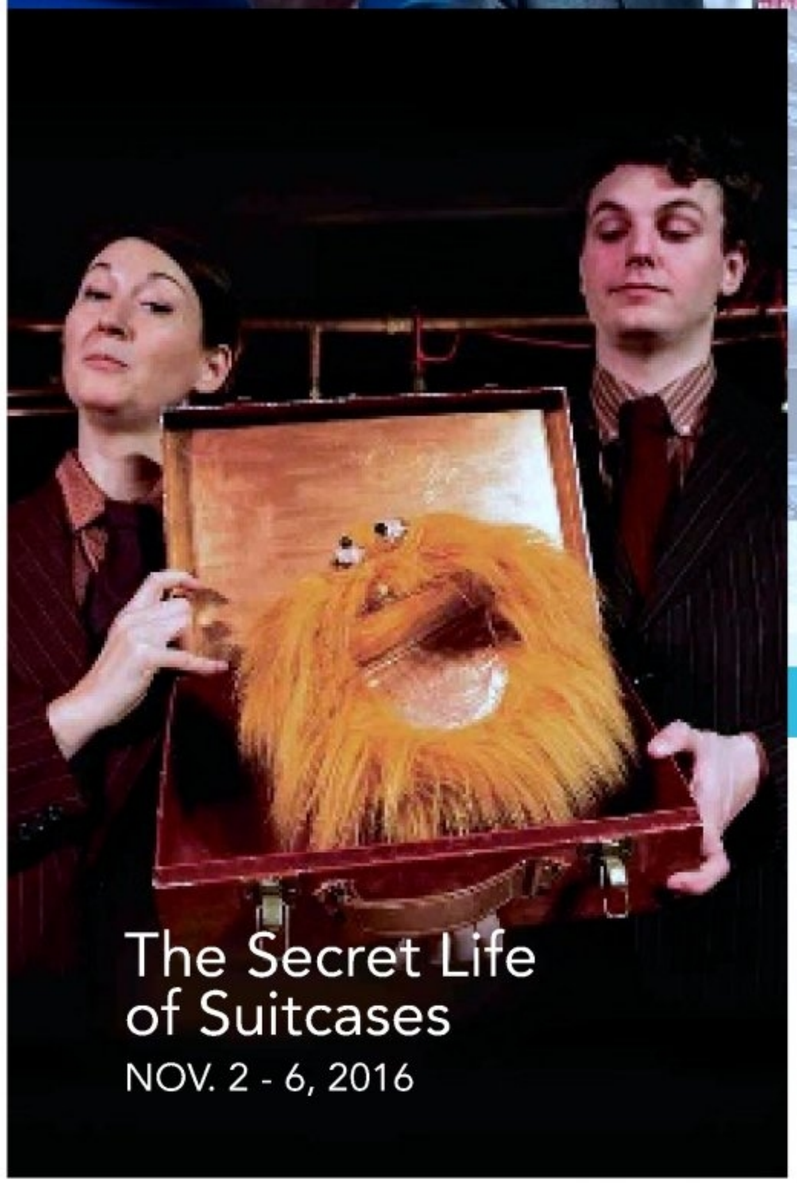

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ScreamFest's heart is in the fright place

Nights are getting colder, ghouls are getting bolder, and you need to get bolder too.

Before heading out to ScreamFest at the Stampede Park Grandstand Building, build up your courage at Boogie's Burgers on the Edmonton Trail NE.

They offer a little something they call the Don't Fear the Reaper. It's merely four all-beef patties, four slices of bacon, a butterflied all-beef wiener and two slices of cheddar cheese , oh, and a fried egg! Also lettuce, tomato and onion, and Boogie's signature red sauce, and, just to taunt the Harbinger of Doom, a mini corn dog on top.

Get a bit of Boo inside you and, fortified by such an array of red meat, you are ready to meet whatever ScreamFest scares up.

What it will be scaring up are Zombies, devils, ghosts, aliens, mad scientists and clowns, probably clowns inadvertently locked up since the Stampede, and they are not friendly happy clowns now!

There are a variety of haunted houses including a Bates Motel and there will be guest (ghost?) appearances by Denise Crosby and Miko Hughes, stars of Pet Sematary. Games include Toss the Severed Head into the Monster's Mouth and Throw Attached Shrunken Heads around a Bar. Just good ol' wholesome fun, really.

ScreamFest is not however family-friendly, and it's suggested to leave the children at home. ScreamFest does not sell souvenir underwear and Zombies will chow down on your little precious as if they were just one of Boogie's burgers.

Leave them at home but tell them where your will is. Gates close behind you 7 p.m. to 11 p.m. Visit screamfest.ca for dates.

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